

PortionPac Connection™

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H1N1 Infection Increasing

According to CIDRAP (Center for Infectious Disease Research and Policy at the University of Minnesota) the Centers for Disease Control now estimates that 22 million people in the U.S. have been infected with H1N1 resulting in 4,000 deaths as of October 17. We shouldn't need much more information to understand that this pandemic is real.

The supply of H1N1 vaccine is increasing and you can contact your local health departments for information on where and when you can get inoculated. Other than that, make every effort to stay healthy and take seriously earlier advice to wash your hands frequently, use hand sanitizers, keep your hands away from your face and cover your coughs and sneezes, stay home if you become ill and avoid others who are ill, if possible.

We came across the following chart which may help your staff distinguish between what may be a cold, a seasonal flu or H1N1.

DIFFERENCES BETWEEN COLD & SWINE FLU & SEASONAL FLU SYMPTOMS

SYMPTOM	COLD	SWINE FLU	SEASONAL FLU
FEVER	Fever is rare with a cold.	Fever is usually present with H1N1 in up to 40% of all flu cases. A temperature of 100°.	Fever is common with the seasonal flu.
COUGHING	A hacking, productive (bringing up phlegm) cough is often present with a cold.	A more productive (bringing up phlegm) cough is usually present with H1N1 (sometimes referred to as dry cough).	A dry and hacking cough is often present with the seasonal flu.
ACHES	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with H1N1.	Moderate body aches are common with the seasonal flu.
STUFFY NOSE	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with H1N1.	A stuffy nose is commonly present with the seasonal flu.
ONSET	Onset is insidious with a cold.	Onset of people who have H1N1 experience is abrupt.	Onset is rapid to moderate with the seasonal flu.
TIREDSNESS	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with H1N1.	Tiredness is moderate and may persist for up to a half of a week with the seasonal flu.
WHEEZING	Wheezing is commonly present with a cold.	Wheezing is not common with H1N1.	Wheezing is common present with the seasonal flu.
SLUDGY SYMPTOMS	Cold symptoms tend to sludge over a few days.	H1N1 has a rapid onset within 3-4 hours. H1N1 hits hard and includes sudden symptoms like high fever, aches and pains, symptoms usually last 6-7 days depending on the individual. Deaths is common.	Symptoms tend to develop over a few days and include stuffy nose, loss of appetite, headache, sore throat, coughing/sneezing. Symptoms usually last 1-2 days depending on the individual. Deaths is common.
HENDEACHE	A headache is fairly common with a cold.	A headache is very common with H1N1 and present in 80% of cases.	A headache is fairly common with the seasonal flu.
SORE THROAT	Sore throat is commonly present with a cold.	Sore throat is not commonly present with H1N1.	Sore throat is commonly present with the seasonal flu.
CHIEF DISCOMFORT	Chief discomfort is mild to moderate with a cold.	Chief discomfort is often severe with H1N1.	Chief discomfort is moderate with the seasonal flu if it has severe and rapid onset immediately.
PREVENTION TIPS:			
<ul style="list-style-type: none"> ☑️ cough & sneeze into your elbow ☑️ wash hands with soap and warm water for a minimum of 15-20 seconds. Sing your abcs or happy birthday to you. ☑️ use hand sanitizer when soap & water are not available ☑️ avoid touching eyes, nose or mouth without washing or using hand sanitizer first. ☑️ stay home if you are sick to avoid contaminating your co-workers. 			

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Please contact your PortionPac Representative or me (htemkin@portionpaccorp.com) if we can assist with further information or support for your Flu Prevention Program.

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