



HEALTHY MOTHERS, HEALTHY BABIES
Coalition of Georgia

HMHB Resource Watch

Improving the health status of Georgia's families.

Public Health News Methods for Preventing N1H1 Virus

Vol. 10, Issue 10

May 27, 2009

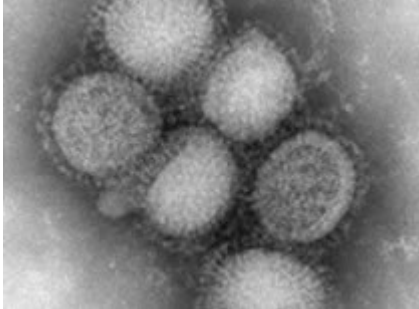
By: Centers for Disease Control and Prevention

Inside this issue:

What is H1N1 (swine flu)?

H1N1 (referred to as "swine flu" early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. Other countries, including Mexico and Canada, have reported people sick with this new virus. This virus is spreading from person-to-person, probably in much the same way that regular seasonal influenza viruses spread.

Why is this new H1N1 virus sometimes called "swine flu"?



This virus was originally referred to as "swine flu" because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and avian genes and human genes. Scientists call this a "quadruple reassortant" virus.

Prevention & Treatment

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against this new H1N1 virus. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.

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Other important actions that you can take are:

- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures. Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items might be useful and help avoid the need to make trips out in public while you are sick and contagious. **What is the best way to keep from spreading the virus through coughing or sneezing?**



If you are sick, limit your contact with other people as much as possible. If you are sick, stay home for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. Cover your mouth and nose with a tissue when coughing or sneezing. Put your used tissue in the waste basket. Then, clean your hands, and do so every time you cough or sneeze.

What is the best technique for washing my hands to avoid getting the flu?

Washing your hands often will help protect you from germs. Wash with soap and water or clean with alcohol-based hand cleaner. CDC recommends that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

What should I do if I get sick?

If you live in areas where people have been identified with new H1N1 flu and become ill with influenza-like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea, you should stay home and avoid contact with other people, except to seek medical care.

If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed.

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough



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In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

Are there medicines to treat infection with this new virus?

Yes. CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with the new H1N1 flu virus. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. During the current outbreak, the priority use for influenza antiviral drugs during is to treat severe influenza illness.

What is CDC's recommendation regarding "swine flu parties"?

"Swine flu parties" are gatherings during which people have close contact with a person who has novel H1N1 flu in order to become infected with the virus. The intent of these parties is to become infected with what for many people has been a mild disease, in the hope of having natural immunity to the novel H1N1 flu virus that might circulate later and cause more severe disease.

CDC does not recommend "swine flu parties" as a way to protect against novel H1N1 flu in the future. While the disease seen in the current novel H1N1 flu outbreak has been mild for many people, it has been severe and even fatal for others. There is no way to predict with certainty what the outcome will be for an individual or, equally important, for others to whom the intentionally infected person may spread the virus.

CDC recommends that people with novel H1N1 flu avoid contact with others as much as possible. They should stay home from work or school for 7 days after the onset of illness or until at least 24 hours after symptoms have resolved, whichever is longer.

<http://www.cdc.gov/h1n1flu/qa.htm#d>



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HMHB in the Community

Columbus Health Department - Columbus, GA

May 29, 2009 | Breastfeeding Seminar
8:00 a.m. - 4:15 p.m.

Augusta Marriott Hotel - Augusta, GA

June 2-4, 2009 | 12th Annual Healthy Aging Summit

Cox Hall at Emory University - Atlanta, GA

June 12, 2009 | 23rd Annual Sellers McCroan Lecture & Award Luncheon
12:00 p.m. More info is available at <https://www.gapha.org/>



HEALTHY MOTHERS, HEALTHY BABIES
Coalition of Georgia

News From National Healthy Mothers, Healthy Babies— May 11, 2009

This Week:

- 1) Sounds of Pertussis Campaign Features Jennifer Lopez
- 2) Maternal Smoking During Pregnancy and Neonatal Behavior
- 3) Study to Examine Surgical Management of Spina Bifida in Infants
- 4) Swine Flu Resource from NEJM
- 5) From AAP: Answers to Parents' Questions About Vaccines
- 6) Women's Health Week Event at NIH

MATERNAL-INFANT HEALTH NEWS

1) SOUNDS OF PERTUSSIS CAMPAIGN FEATURES JENNIFER LOPEZ

Actress, singer and mother Jennifer Lopez is working with the March of Dimes and Sanofi Pasteur on a national public awareness campaign called "Sounds of Pertussis." The initiative is intended to educate new parents and their families about pertussis (also known as whooping cough). Pertussis is extremely contagious and can be a potentially deadly disease for infants. "Sounds of Pertussis" includes a series of television and radio public service announcements (PSAs) in English and Spanish featuring Lopez. The PSAs began airing nationally in April and encourage new and expectant parents to help protect their babies by making sure that anyone in close contact with a young infant has been vaccinated against pertussis. For more about the campaign, go to http://marchofdimes.com/aboutus/22684_57832.asp and <http://www.soundsofpertussis.com/>. For more about pertussis, go the Centers for Disease Control and Prevention Web site at <http://www.cdc.gov/vaccines/vpd-vac/pertussis/default.htm>.

2) MATERNAL SMOKING DURING PREGNANCY AND NEONATAL BEHAVIOR

A study published in the May 2009 edition of the journal *Pediatrics* investigates the impact of smoking during pregnancy on aspects of neonatal behavior. Participants were mothers and infants from a cohort of the National Collaborative Perinatal Project enrolled between 1960 and 1966. 962 mother-infant pairs were studied, with maternal smoking measured prospectively at each prenatal visit. 62% reported smoking during pregnancy, with 24% smoking one pack per day or more. The authors found that exposure to maternal smoking was associated with increased irritability and hypertonicity (decreased muscle tone) in neonates. In the study's conclusion, the authors note that this study is "the largest-scale investigation to-date of the effects of maternal smoking (heavy and moderate) on examiner-assessed neonatal behavior. To access the study online, go to <http://pediatrics.aappublications.org/cgi/content/abstract/123/5/e842>.

3) STUDY TO EXAMINE SURGICAL MANAGEMENT OF SPINA BIFIDA IN INFANTS

The Management of Myelomeningocele Study (MOMS) is a multicenter research study of two approaches to the surgical management of infants with spina bifida. Pregnant women who have learned that their baby has spina bifida are encouraged to enroll in the study, which will compare surgery before birth (prenatal or fetal surgery) and surgery after birth (postnatal surgery). Funded by the National Institute of Child Health and Human Development (NICHD), a part of the National Institutes of Health (NIH), MOMS is coordinated through the Biostatistics Center of the George Washington University in Rockville, Maryland. Surgery will be done at three MOMS Centers around the country: the University of California at San Francisco in San Francisco, California, The Children's Hospital of Philadelphia in Philadelphia, Pennsylvania and Vanderbilt University Medical Center in Nashville, Tennessee.

Because MOMS is a randomized study, neither the study staff nor the study participants will be able to choose whether a baby has surgery before or after birth. The Study Coordinator can be reached at 1-866-ASK-MOMS (1-866-275-6667). For more information, go to <http://www.spinabifidamoms.com/english/overview.html#3>.

CHILD, ADOLESCENT, FAMILY & COMMUNITY HEALTH NEWS

4) SWINE FLU RESOURCE FROM NEJM

The New England Journal of Medicine (NEJM) has created an online resource with information about H1N1 Influenza (swine flu). The H1N1 Influenza Center includes original research reports and other commentary, new updates and an interactive map of swine flu cases worldwide. The Center also includes articles from the NEJM archives on the 1918 influenza epidemic and the swine flu epidemic of the 1970's. Access it online at <http://h1n1.nejm.org/>.

5) FROM AAP: ANSWERS TO PARENTS' QUESTIONS ABOUT VACCINES

The American Academy of Pediatrics (AAP) has created a new resource for parents who have questions about vaccines. This resource includes a series of audio interviews with pediatricians, infectious disease experts and others. Questions answered include: are there toxins in vaccines; do vaccines cause autism; how dangerous is the flu; do babies have natural immunity against diseases; can too many vaccines overwhelm a child's immune system and many more. Several experts talk about the diseases that vaccines prevent and the importance of immunization, and dispel common vaccine myths. For more information, go to <http://aap.org/advocacy/releases/may09vaccines.htm>. To access the interviews directly, go to <http://www.cispimmunize.org/fam/soundadvice.html>.

6) WOMEN'S HEALTH WEEK EVENT AT NIH

As part of Women's Health Week, NIH's Office of Research on Women's Health will sponsor several events, including a forum and panel discussion: "The Intersection of Research, Policy and Healthcare for the Future of Women's Health." Scheduled for Tuesday, May 12th at 11:00am in the Lister Hill Auditorium, Building 38A at the NIH Campus in Bethesda, Maryland, speakers will address a range of issues, including the role of health promotion and prevention, the participation of women and minorities in clinical trials and health policy and regulatory issues and their impact on women and public health. For more about activities at NIH headquarters, go to <http://orwh.od.nih.gov/wnhw2009.html>.

Sources:

<http://aap.org/advocacy/releases/may09vaccines.htm>
<http://h1n1.nejm.org/>
http://marchofdimes.com/aboutus/22684_57832.asp
<http://orwh.od.nih.gov/wnhw2009.html>
<http://pediatrics.aappublications.org/cgi/content/abstract/123/5/e842>
<http://www.cdc.gov/vaccines/vpd-vac/pertussis/default.htm>
<http://www.cispimmunize.org/fam/soundadvice.html>
<http://www.soundsofpertussis.com/>
<http://www.spinabifidamoms.com/english/overview.html#3>
<http://www.womenshealth.gov/whw/>

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News From National Healthy Mothers, Healthy Babies— May 4, 2009

This Week:

- 1) Webinar on Preparing for Conception
- 2) Study Examines Induction of Labor
- 3) Impact of Early Interventions on Premature Infants
- 4) Free Guide on Understanding Childhood Immunizations
- 5) New Consumer Program from Department of Transportation
- 6) Provider Appreciation Day Acknowledges Role of Childcare

MATERNAL-INFANT HEALTH NEWS

1) WEBINAR ON PREPARING FOR CONCEPTION

A free educational Webinar, "A Healthy State of Body and Mind for Conception...at Every Stage of the Process" will be presented on Wednesday, May 6th at 8:00pm EST. The one-hour discussion is offered by a partnership between RESOLVE: The National Infertility Association and the March of Dimes. The Webinar will provide participants with information on preparing the body and mind for conception. Learning outcomes include education about vitamins, the risks of smoking, weight, and eating choices and understanding the seven stages of coping with infertility. A mental health specialist will also talk about ways to cope with intrusive inquiries about family building from relatives and friends. For questions about the Webinar, contact info@resolve.org. To register, go to <https://www1.gotomeeting.com/register/231430504>.

2) STUDY EXAMINES INDUCTION OF LABOR

With rates of labor induction increasing, a study published in the April 2009 edition of BJOG: An International Journal of Obstetrics and Gynaecology examines the evidence supporting indications for induction. The investigators found support only for inducing labor at or beyond 41 completed weeks of gestation and under some conditions when a woman's membranes break before labor. According to the study, there is less proof of the need to induce labor in many other situations, including when the fetus is believed to be large or to have restricted growth, or when a woman is pregnant with twins, has insulin-dependent diabetes, or has low levels of amniotic fluid. To access the study online, go to <http://www3.interscience.wiley.com/cgi-bin/fulltext/121677185/HTMLSTART>.

3) IMPACT OF EARLY INTERVENTIONS ON PREMATURE INFANTS

An article in the January 2009 edition of the Journal of Perinatology examines whether interventions for infant development that involve parents improve neurodevelopment at 12 months of age or older. The study authors identified randomized trials where an infant intervention was intended to improve development and involved parents of preterm babies. Studies used interventions including parent education, infant stimulation, home visits or individualized developmental care. Meta-analysis at 12 months found significantly higher mental and physical performance scores favoring the intervention group. At 24 months, the mental performance scores were improved, but physical performance scores were not statistically significant. However, the improvement in neurodevelopmental outcome was not sustained at 36 months and at 5 years. To read the study online, go to <http://www.nature.com/jp/journal/v29/n5/full/jp2008229a.html>.

CHILD, ADOLESCENT, FAMILY & COMMUNITY HEALTH NEWS

4) **FREE GUIDE ON UNDERSTANDING CHILDHOOD IMMUNIZATIONS** The What to Expect Guide to Immunizations includes the latest information for parents on childhood vaccines.

Created by author of the What to Expect parenting series, the Guide contains information about all of the vaccines on the childhood immunization schedule, and answers parent questions about vaccines' safety, effectiveness and importance. There are also tips on how to prepare your child for receiving a shot and an immunization visit planner to help keep track of your child's shots. To download a copy of the Guide, go to <http://www.whattoexpect.org/news/immunizations>.

5) NEW CONSUMER PROGRAM FROM DEPARTMENT OF TRANSPORTATION

The Department of Transportation has announced that it will create a new consumer program to help parents and caregivers find a child safety seat that fits in their vehicle. The National Highway Traffic Safety Administration (NHTSA) will institute the new program beginning with the 2011 model year to make it easier for parents to choose child safety seats. Car manufacturers will recommend specific seats in various price ranges that fit for individual vehicles. The new program comes as a result of a comprehensive review ordered by Transportation Secretary Ray LaHood to improve child passenger safety and federal child seat standards. To read this release and other news from the agency, scroll the home page of the NHTSA site, <http://www.nhtsa>.

6) PROVIDER APPRECIATION DAY ACKNOWLEDGES ROLE OF CHILDCARE

Provider Appreciation Day is being observed May 8th. The observance recognizes child care providers, teachers and other educators of young children. Started in 1996, Provider Appreciation Day is appropriately celebrated each year on the Friday before Mother's Day. Momentum and support for this event has grown each year and recognition presently includes individuals and government organizations throughout the United States and military installations around the world. A national study, The National Economic Impacts of the Child Care Sector, sponsored by the National Child Care Association, found that there are at least 2.8 million people who earn their money by teaching and caring for young children or by working in directly related jobs. For more information, ideas on how to celebrate, or ideas on how to promote this event, please visit www.providerappreciation.org

Sources:

http://marchofdimes.com/aboutus/22684_57832.asp
<http://newsmomsneed.marchofdimes.com/>
<http://www.cdc.gov/vaccines/vpd-vac/pertussis/default.htm>
<http://www.nature.com/jp/journal/v29/n5/full/jp2008229a.html>
http://www.nhtsa.gov/portal/site/nhtsa/template.MAXIMIZE/menuitem.f2217bee37fb302f6d7c121046108a0c/?javax.portlet.tpst=1e51531b2220b0f8ea14201046108a0c_ws_MX&javax.portlet.prp_1e51531b2220b0f8ea14201046108a0c_viewID=detail_view&javax.portlet.begCacheTok=token&javax.portlet.eidCacheTok=token&itemID=af67d38c4c3d0210VgnVCM1000002fd17898RCRD&overrideViewName=PressRelease
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<http://www3.interscience.wiley.com/cgi-bin/fulltext/121677185/HTMLSTART>

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Public Health Conferences and Events

- **Webinar: Technical Challenges from the Public Health Practice Community** - (International Society for Disease Surveillance (ISDS))- May 28, 2009, 10:00 AM - 12:00 PM EDT
- **AMIA 2009 Spring Congress: People & Populations: Translation to Transformation** - (American Medical Informatics Association (AMIA)) - May 28-30, 2009, Orlando, FL
- **2009 Exploring Medical Missions Conference: Fighting the Diseases of Poverty** - (Institute for International Medicine (INMED)) - May 29-30, 2009, Denver, CO
- **USPHS Scientific and Training Symposium: Leading a Strong Public Health Workforce for a Healthy America** - (PHS Commissioned Officers Foundation for the Advancement of Public Health)- June 1-4, 2009, Atlanta, GA
- **North American Housing and HIV/AIDS Research Summit** - (National AIDS Housing Coalition (NAHC)) - June 3-5, 2009, Washington, DC
- **National Asthma Forum** - (Environmental Protection Agency (EPAP U.S.)) - June 4 - 5, 2009, Washington, DC.

May Health Observances

1-31

American Stroke Month
American Heart Association
www.americanheart.org/presenter.jhtml?identifier=3026377

1-31

Asthma and Allergy Awareness Month
Asthma and Allergy Foundation of America
www.aafa.org/display.cfm?id=10&sub=99&cont=457

1-31

Better Hearing and Speech Month
American Speech-Language-Hearing Association
www.asha.org/bhsm

1-31

Better Sleep Month
Better Sleep Council
www.bettersleep.org

1-31

Clean Air Month
American Lung Association
www.lungusa.org



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