

Influenza Statement from Riverside Pediatrics
November 19, 2009

H1N1 influenza vaccine

We do have the H1N1 vaccine available as a shot only. All of our patients, 6 months of age and older, are eligible to receive the vaccine at our office. If you wish for your children to receive this vaccine at our office, you will need to first pre-register with the Ohio Department of health web site. You will need to bring your confirmation with you at the time of the vaccine. To do this, go to the following web address: www.h1n1vaccine.odh.ohio.gov and click on the section that says, "New individual/family pre-register." After completing the registration process, BE SURE to check the box at the end of the form stating that you agree to receive the vaccine. Then BE SURE to print the form, because it will have your Registration ID that will be used by our office.

Once you are registered, call our office to set up an appointment for the children to receive the vaccine. If you have a regular check up or asthma visit already, it may be given at that time.

Again, we will give the vaccine at our office ONLY to patients who bring in their confirmation and registration ID printed form.

This same number could be used at any vaccination location, and we do encourage you to get the vaccine anywhere it is offered

H1N1 symptoms

Regarding symptoms, most otherwise healthy children who get this flu will **not** need medical treatment.

But the following individuals are considered to be at high risk for complications of the H1N1 virus:

Pregnant women

Children under 2 years of age

People who have a suppressed immune system

People on long term aspirin therapy

Anyone with a certain chronic medical conditions including asthma

If a child with any of these conditions has symptoms suggestive of the flu, we would recommend they be seen by a physician for evaluation in the first 24 to 36 hours.

The symptoms most common with the H1N1 virus are sudden onset of fever, body aches, and cough. Symptoms usually last 4-5 days. Anyone who has difficulty breathing or

other severe symptoms should be sure to seek medical attention. If the illness seems to resolve, and then fever returns, that would also be a reason to be seen in the office.

H1N1 treatment

We are currently following the national recommendations for treatment of cases of the flu with Tamiflu. It is recommended that **only** high risk individuals receive medication. Other people should treat the symptoms with non-aspirin containing products. When the fever resolves, return to regular school and activities only after being free of fever for at least 24 hours without medication

Seasonal influenza

Riverside Pediatrics does continue to have Seasonal Flu vaccine available. We recommend it for all children over six months of age. Please call to arrange a time for your child to receive this vaccine in our office