



Kentucky Personnel Cabinet
Office of the Secretary
Employee Bulletin

**Influenza (flu) activity level in the state
has increased from regional to widespread**

The Kentucky Department for Public Health (DPH) reported to the Centers for Disease Control and Prevention (CDC) this week that the H1N1 influenza (flu) activity level in the state has increased from regional to widespread. Widespread activity is the highest level of flu activity, which indicates increased flu-like activity or flu outbreaks in at least half of the regions in a state. The activity levels for states are tracked weekly as part of the CDC's national flu surveillance system. This level of H1N1 flu activity is consistent with other southeastern states that are also currently reporting widespread activity and is in advance of the regular seasonal influenza season.

Seasonal Flu Vaccine: Employees are urged to get vaccinated against seasonal flu. As in the past, some state government agencies have made arrangements for their employees to participate in seasonal flu clinics at the workplace, either at no charge or for a nominal fee. Employees should check with their supervisor for further information. Seasonal flu shots are also available in ample supply at local health departments, physician's offices, pharmacies, and businesses for a nominal fee. Please check with these agencies for clinic dates and cost.

H1N1 Flu Vaccine: Employees are also urged to receive an H1N1 vaccination when the vaccine begins to arrive in Kentucky, which should be by mid-October. Initial supplies of the H1N1 vaccine may be limited. Vaccine administration will be recommended first for priority groups based on risk factors. H1N1 vaccinations will be available through your health care provider or at your local health department.

The symptoms of both seasonal and H1N1 flu include fever, chills, headache, sore throat, cough, body aches and may include vomiting or diarrhea. Individuals at higher risk for complications – such as those with chronic health conditions or who are pregnant – should contact a health care provider early, in case treatment with antiviral medication is necessary.

FOR MORE INFORMATION

Current flu activity map is located at

<http://www.cdc.gov/flu/weekly/usmap.htm>.

Answers to frequently asked questions as well as management tips

www.personnel.ky.gov

Information on H1N1 flu

www.flu.gov.

Information on H1N1 and Kentucky

<http://healthalerts.ky.gov>

or follow [KYHealthAlerts](#) on Twitter to be notified when new information is posted.