

WSNA'S POSITION REGARDING FLU VACCINES

"The Washington State Nurses Association (WSNA) is committed to advocating for the health of nurses and the patients that they serve. Because of this commitment, WSNA strongly recommends that nurses and all other health care providers who provide direct patient care be vaccinated against the influenza virus. Absent of a Centers for Disease Control (CDC) requirement for mandatory annual influenza vaccination of all health care workers, WSNA supports voluntary efforts including implementation of aggressive and comprehensive influenza vaccination programs for registered nurses that aim for 100% vaccination rates."

Adopted by WSNA Board of Directors, at its meeting on March 5, 2007

SEASONAL OR PANDEMIC FLU?

What are the differences between swine flu and seasonal flu? Here's how things break down:

Seasonal Flu	Pandemic Flu (H1N1)
Outbreaks follow predictable seasonal patterns; occurs annually , usually in winter, in temperate climates	Occurs rarely (three times in 20th century - last in 1968)
Usually some immunity built up from previous exposure	No previous exposure; little or no pre-existing immunity
Healthy adults usually not at risk for serious complications ; the very young, the elderly and those with certain underlying health conditions at increased risk for serious complications	Healthy people may be at increased risk for serious complications
Health systems can usually meet public and patient needs	Health systems may be overwhelmed
Vaccine developed based on known flu strains and available for annual flu season	Vaccine probably would not be available in the early stages of a pandemic
Adequate supplies of antivirals are usually available	Effective antivirals may be in limited supply
Average U.S. deaths approximately 36,000 per year. .01% of U.S. population dies in an average year due to seasonal flu.	Number of deaths could be quite high. The 1918 mortality rate is estimated to have been up to 20% of those infected. With about a third of the world population infected, this case-fatality ratio means that 3% to 6% of the entire global population died in the 1918 spanish flu pandemic.
Symptoms: fever, cough, runny nose, muscle pain. Deaths often caused by complications, such as pneumonia.	Symptoms may be more severe and complications more frequent
Generally causes modest impact on society (e.g., some school closing, encouragement of people who are sick to stay home)	May cause major impact on society (e.g. widespread restrictions on travel, closings of schools and businesses, cancellation of large public gatherings)
Manageable impact on domestic and world economy	Potential for severe impact on domestic and world economy

SOURCE: http://www.pandemicflu.gov/general/season_or_pandemic.html 09/2009
SOURCE: <http://www.cdc.gov/ncidod/eid/vol12no01/05-0979.htm> 09/2009

PROTECT YOURSELF AS A HEALTH CARE PROVIDER

HAND HYGIENE

The single most effective way to prevent the spread of disease! Nurses should be sure they, their colleagues, their patients, family and friends wash their hands often using soap and water or alcohol-based hand sanitizer.

COVERING COUGH OR SNEEZE

Use a tissue to cover a cough or sneeze to prevent the spread of infectious droplets.

IF YOU HAVE SIGN/SYMPTOMS OF FLU

Stay home if you are ill.

OBTAIN VACCINE FOR SEASONAL AND HINI FLU

Public health officials recommend that everyone who is eligible to receive the seasonal flu vaccine should get it every year. If you are eligible to receive H1N1 flu vaccine when it is available, you should get that vaccine as well. You may be able to receive both vaccines at the same time, though the seasonal flu vaccine will be available sooner than the H1N1 vaccine.

SOCIAL DISTANCING

Ill persons should stay home and not attend work, school, church, or other social events where they will have close contact with others. If social interaction is unavoidable, ill persons should maintain at a distance of 3 feet and consider wearing a surgical mask.

OTHER CONSIDERATIONS

Avoid Touching Eyes, Nose or Mouth

Germes are spread this way.

Laundry

Wash a sick person's laundry in hot water and dry it on high. Wear gloves or wash your hands after touching laundry.

SOURCE: [http://www.nursingworld.org/MainMenuCategories/Health careandPolicyIssues/DPR/H1N1-Information/H1N1-Prevention.aspx](http://www.nursingworld.org/MainMenuCategories/Health%20careandPolicyIssues/DPR/H1N1-Information/H1N1-Prevention.aspx) 09/2009

SOURCE: http://www.nursingworld.org/http://www.doh.wa.gov/h1n1/h1n1_faqs.htm#vaccine 09/2009

SOURCE: http://www.cdc.gov/h1n1flu/clinician_pregnant.htm 09/2009