

## Cover Sheet

**DATE:** November 5, 2013

**SUBJECT:** State confirms first Influenza Case

### INSTRUCTIONS:

**REDISTRIBUTE AT YOUR DISCRETION.** Share this information with relevant SMEs or contacts (internal and external) as you see fit.

**For LOCAL HEALTH DEPARTMENT reference only**

DPHHS Subject Matter Resource for more information regarding this HAN, contact:

**DPHHS CDCP  
Epidemiology Section  
1-406-444-0273**

**DPHHS Health Alert Hotline:  
1-800-701-5769**

**DPHHS HAN Website:  
[www.han.mt.gov](http://www.han.mt.gov)**

**REMOVE THIS COVER SHEET BEFORE REDISTRIBUTING  
AND REPLACE IT WITH YOUR OWN**

**Please ensure that DPHHS is included on your HAN distribution list.**

### Categories of Health Alert Messages:

**Health Alert:** conveys the highest level of importance; warrants immediate action or attention.

**Health Advisory:** provides important information for a specific incident or situation; may not require immediate action.

**Health Update:** provides updated information regarding an incident or situation; unlikely to require immediate action.

**Information Service:** passes along low level priority messages that do not fit other HAN categories and are for informational purposes only.

**Please call DPHHS to update contact information at 444-0919 or 444-6906**

# Information Sheet

**Date:** November 5, 2013

**Subject:** State Confirms First Seasonal Influenza Case, Recommends Vaccine

**Background:**

DPHHS is sending out a copy of the press release regarding the first Montana Department of Public Health Laboratory confirmed seasonal influenza case for the 2013/2014 season

**Information:**

Department of Public Health and Human Services (DPHHS) and the Gallatin County Health Department are reporting Montana's first confirmed influenza case of this season. The individual is a resident of Bozeman in their teens and is reportedly doing well.

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**Recommendations:**

DPHHS encourages local health jurisdictions to use this information as an opportunity to raise awareness in local communities that seasonal influenza season is upon us and that it is imperative that citizens get immunized as soon as possible. Resources are available on the DPHHS website to help communicate locally.

# NEWS

*"Improving and Protecting the  
Health, Well-Being and Self-  
Reliance of All Montanans."*



Department of Public Health and Human Services

[www.dphhs.mt.gov](http://www.dphhs.mt.gov)

## FOR IMMEDIATE RELEASE

November 6, 2013

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## **DPHHS confirms first influenza cases of the season** *Cases confirmed in Gallatin and Flathead Counties*

The Department of Public Health and Human Services (DPHHS) has confirmed the first influenza cases of the season in Gallatin and Flathead Counties. Both counties are reporting two cases each.

Public health officials say that these first cases are a great reminder for the public to get vaccinated against influenza as soon as possible. State, tribal and local public health authorities indicate vaccine is widely available and recommend taking advantage of the vaccine.

"Even if you received the vaccine last year, you should still get vaccinated this year, as the circulating viruses change," said DPHHS Director Richard Opper. "With the options available, getting vaccinated is easier than ever. We'd like to make sure everyone can stay healthy this winter."

Influenza vaccination is recommended for everyone older than six months. Annual vaccination is the safest and most effective method to prevent influenza infections. The composition of the flu vaccine is reviewed each year and updated to protect against the flu viruses that research indicates will be the most common during the upcoming season.

Individuals seeking vaccine have many options, including a new quadrivalent shot that covers four different influenza viruses. Other options include a high dose flu shot approved for people 65 and older, a "short needle" intradermal flu shot approved for people 18 through 64 years of age, and the regular and nasal-spray vaccines. Public health officials recommend Montanans consult with their healthcare provider regarding the best option.

Protection provided by vaccination lasts throughout the entire flu season, even when vaccine is given in early fall. A new dose is needed every year to keep up active defense against viruses.

"Individuals with asthma, diabetes and many other chronic medical conditions, the elderly, pregnant women and young children can become very ill if infected by influenza", said Jim Murphy of the DPHHS Communicable Disease Control and Prevention Bureau. "We urge people to get vaccinated now to protect themselves and others who are vulnerable."

People wanting to get immunized, or have their children vaccinated, should consult their health care provider. Vaccinations are available at doctor offices, county or tribal health departments, and many pharmacies.

More information can be found at the DPHHS web site: [www.dphhs.mt.gov](http://www.dphhs.mt.gov)