



DEPARTMENT OF THE ARMY  
UNITED STATES ARMY GARRISON GRAFENWOEHR  
UNIT 28130  
APO AE 09114-8130

IMEU-GFW-ZA

19 October 2009

MEMORANDUM FOR USAG Grafenwoehr Community

SUBJECT: H1N1 Flu Virus

1. The H1N1 flu has officially arrived, and we are now tracking a dozen cases across the garrison. Other Army communities in Bavaria are now seeing this virus as well. As a result, we have activated our contingency plan in order to lessen the impact of this virus on our community.
2. Just like the seasonal flu, the H1N1 virus is very contagious and may well impact 20-30 percent of our community. Nearly 99% of present influenza cases in our communities appear to be due to the H1N1 strain. However, this is not a reason to be alarmed. Currently, the effects of the H1N1 flu virus strain are no more severe than strains of the typical seasonal flu. As with other flu virus strains, H1N1 flu can, in rare cases, cause serious illness and even death. However, the majority of people affected will only experience mild to moderate flu-like symptoms.
3. These symptoms include: a fever higher than 100 degrees F, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, and sometimes diarrhea and vomiting.
4. If you have these symptoms, our medical professionals recommend you stay at home and treat the symptoms. This will give you time to recover as well as prevent the spread of the virus to the rest of the community. Please use discretion in deciding whether to make an appointment at your local Army Health Clinic or, if after hours, your local German health care facility. You should seek a clinic appointment if you have flu symptoms and you are: pregnant, asthmatic, younger than five years old, older than 65, a healthcare worker, childcare worker, or you have symptoms that are worsening to the extent that you feel you should be evaluated for treatment or hospitalization. Otherwise, we recommend you remain at home and do not return to work until you have been without fever for 24 hours (in the absence of taking anti-fever medication such as Tylenol and Motrin).
5. We encourage all of our community members to practice preventive measures on a daily basis. Frequently wash your hands throughout the day, carry and use waterless hand sanitizer, cover your nose and mouth when you sneeze or cough, and avoid contact with people who are sick.
6. As a community, we all need to understand this virus, how it is spread and how to take proactive preventive measures to avoid becoming infected. All of us, every Soldier, Family Member, tenet unit and agency has a role in reducing our vulnerabilities and protecting our community. Please be aware that in the event the H1N1 virus situation worsens in the community, we may have to reduce activities and services to lessen possibilities for exposure to the virus.

IMEU-GFW-ZA  
SUBJECT: H1N1 Flu Virus

7. Our medical professionals have produced important fact sheets on what we can do. Please review the literature located at our Web page at [www.grafenwoehr.army.mil](http://www.grafenwoehr.army.mil).

8. If you have additional questions, you can also contact the Nurse Advice Line 24 hours a day, seven days a week. You will be connected to a registered nurse who can answer your health-related questions and, if needed, schedule an appointment for you at your local Army Health Clinic. The NAL number is 00800-4759-2330.

9. We will keep you, our community, informed of the decisions we make as we fight as one team to lessen the spread of H1N1.

  
NILS C. SORENSON  
COL, SF  
Commanding