

# Four ways to help protect against **THE H1N1 FLU**

The H1N1 flu, often called swine flu, is affecting children, teens and young adults more than the seasonal flu does. Here are four ways to help slow the spread of H1N1 and protect you and your family.

**1 Get the H1N1 vaccine** now if you are among those most at risk. This includes most pregnant women, people younger than 25, or people with a chronic disease like asthma or diabetes. Infants under 6 months old can't get the vaccine, so their caretakers should get the vaccine. [SEE OTHER SIDE FOR MORE ON THE VACCINE](#) ↪

**2 Stay home when you are sick** to prevent spreading the virus to your friends and neighbors. Stay home at least 24 hours after your fever is gone without the use of fever-reducing medication.

**3 Wash your hands often.** If soap and water are not available, use an alcohol-based hand sanitizer.

**4 Cover your mouth and nose** with a tissue or your upper sleeve when you cough or sneeze to protect others. Throw the tissue in the trash.

## IDENTIFYING & FIGHTING THE H1N1 FLU

The H1N1 flu is much like the seasonal flu. Symptoms can include a fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and feeling weak. Some people may have vomiting and diarrhea. Not everyone with the flu will have a fever.

Symptoms usually last 3 to 7 days, but people can spread the flu 1 day before getting sick and up to 5 to 7 days after.

### If you feel sick:

Stay home, get plenty of rest, drink clear fluids, wash your hands often, cover your coughs and sneezes, and stay away from others. Call your doctor or the county health department if you are in a high risk group or are concerned about your recovery. Wait at least 24 hours after your fever is gone, without using fever-reducing medication, before returning to work or school.



*Spread the word, not the flu.*



Follow the advice of public health experts and stay abreast of the latest information on H1N1 at [MyFluSafety.com](http://MyFluSafety.com). For more answers, contact your local county health department or call **877.352.3581**.

# Look who needs THE H1N1 VACCINE

THE H1N1 FLU  
VACCINE IS HERE!

The U.S. Centers for Disease Control and Prevention (CDC) recommends initial vaccination for people with the most risk for flu or flu-related complications. The people most at risk are shown below:



PREGNANT WOMEN



CARETAKERS OF INFANTS LESS THAN 6 MONTHS OLD



CHILDREN AND TEENS OVER 6 MONTHS OLD



YOUNG ADULTS 18–24



FLORIDIANS WITH A CHRONIC DISEASE LIKE DIABETES, HEART DISEASE, ASTHMA AND CANCER

## IF YOU ARE SICK, WATCH FOR THESE EMERGENCY WARNING SIGNS

Most people with H1N1 recover without the need for medical care or antiviral drugs. However, some people may have serious complications from H1N1 flu. Anyone that experiences these emergency warning signs should get medical attention right away.

### In Children

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms that improve but then return with fever and worse cough
- Fever with a rash

### In Adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

## Why get the vaccine?

To stay healthy, and keep others from getting sick. H1N1 flu spreads quickly. Healthy teens and young adults are hit unusually hard compared to the seasonal flu. People who get vaccinated are much less likely to get sick.

## Does it protect me from the seasonal flu?

No. You need two vaccines to be fully protected this year. The seasonal flu vaccine is different from the H1N1 flu vaccine. The CDC encourages people to get both, and you can get them both the same day.

## Is it safe?

The H1N1 flu vaccine is expected to be as safe as seasonal flu vaccines, which have a very good track record. The H1N1 vaccine has been tested for safety and effectiveness in trials this year.



## WHERE TO GET THE VACCINE

Vaccines are available throughout Florida. Find a location near you by contacting your local county health department. You can also call **877.352.3581** or visit **MyFluSafety.com**.

*Spread the word, not the flu.*

