



| Seasonal Flu | H1N1 Flu |
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| How is it transmitted? | |
| <p>Through coughing and sneezing or touching objects that carry the virus like door knobs, telephones, keyboards, grocery cart handles (especially when you then touch your mouth or nose)</p> | <p>Spreads the same way as seasonal flu</p> |
| What are the symptoms? Remember, it is a respiratory illness. | |
| <ul style="list-style-type: none"> • Fever (a big one), cough, body aches, headache, chills, extreme exhaustion • Most people recover in 1-2 weeks with rest and fluids but some develop serious complications (pneumonia, ear infections, sinus infections, dehydration) or it can worsen chronic medical conditions such as asthma, congestive heart failure or diabetes. | <ul style="list-style-type: none"> • Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue (ranging from mild to severe), occasionally vomiting and diarrhea. • Most people recover without needing medical treatment but some are hospitalized and some have tragically died. H1N1 has mostly sickened people younger than 25 years old. |
| Who should be vaccinated? | |
| <ul style="list-style-type: none"> • People 50 and older • Pregnant women • Children 6 months – 18 years • Persons with chronic medical conditions • Persons who care for children younger than 6 months of age • Health care workers | <p>First tier for vaccine distribution:</p> <ul style="list-style-type: none"> • Pregnant women • People who live with or care for children younger than 6 months of age • Health care workers • Persons between 6 months – 24 years old • Persons 24 years old – 64 who have medical conditions that put them at risk for complications of influenza |
| How do I protect myself? Follow the 3 C's. | |
| <ul style="list-style-type: none"> • CLEAN – Hand washing is KEY. Teach your children too. • COVER – your mouth when you cough or sneeze (into a bent elbow or with a tissue) • CONTAIN – stay home if you have these symptoms so you don't spread it to others • Get your seasonal flu shot (does not protect you from H1N1 – different strain of influenza). Takes 2 weeks to build antibodies for protection. | <ul style="list-style-type: none"> • CLEAN – Hand washing is KEY. Teach your children too. • COVER – your mouth when you cough or sneeze (into a bent elbow or with a tissue) • CONTAIN – stay home if you have these symptoms so you don't spread it to others |
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