

# remember...

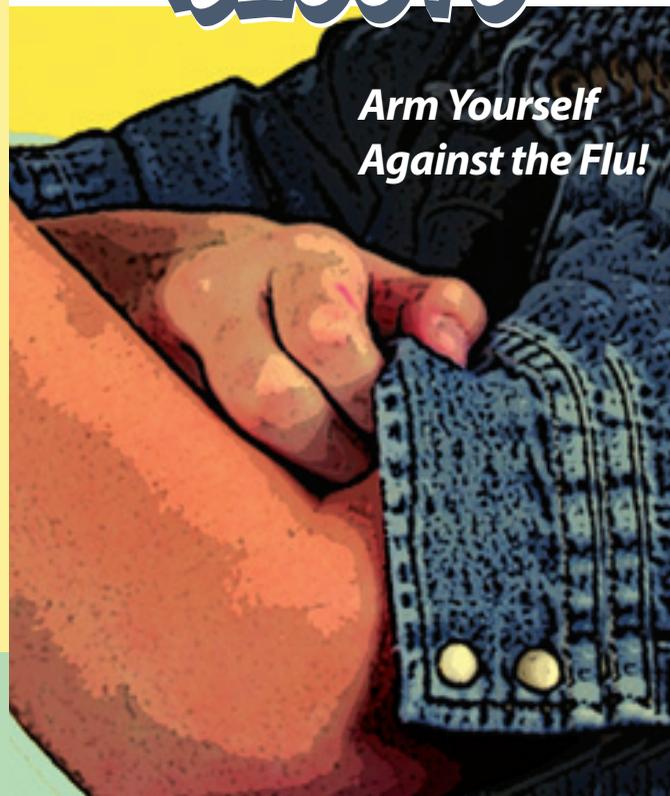
Precautions everyone can take now are as simple as ABC:

- A:** Act to protect yourself by washing your hands regularly to diminish virus transmission. Use warm soapy water or alcohol based hand sanitizers. Also protect yourself by getting the seasonal flu shot this fall.
- B:** Be considerate. With a tissue or your shirt sleeve, cover your mouth when you cough and your nose when you sneeze. If you or your child become ill, remain home, feel better, and avoid spreading the illness to others.
- C:** Connect with your choice of trusted health information and keep up to date with information and recommendations about the 2009 H1N1 vaccine.

For additional information on seasonal flu or H1N1, log onto:

- dch.georgia.gov
- health.state.ga.us
- georgiahealthinfo.gov
- cdc.gov/flu
- cdc.gov/h1n1flu
- flu.gov/seasonalflu

# ROLL UP YOUR SLEEVE



**Arm Yourself  
Against the Flu!**

## Your Guide to Preventing the Flu and What to Do if You Get It

How will you know if you have the **seasonal flu** or **2009 H1N1 flu**? The symptoms are the same. The best thing to do is arm yourself with knowledge and take action to avoid getting or spreading the flu viruses.

# SEASONAL FLU

# 2009 H1N1

## Similarities

### Symptoms:

- Fever
- Sore throat
- Muscle aches
- Cough
- Runny nose
- Extreme fatigue

### How is season flu spread?

Typically it spreads from person to person when an infected person coughs or sneezes. People also become infected when the virus gets on their hands and they rub their eyes or nose.

### Who is at risk for seasonal flu?

Anyone can get the seasonal flu.

### Who should get the seasonal flu vaccine?

- High risk groups:
  - Children 6 months through 18 years of age
  - People 50 years and older
  - People with chronic diseases such as diabetes or asthma
  - People living in nursing homes or long-term care homes
  - Women who are pregnant
  - Health care providers
- People living with anyone in a high risk group

### Typical flu season:

From October through May

## Differences

### Symptoms:

- Fever
- Sore throat
- Muscle aches
- Cough
- Runny nose
- Extreme fatigue

### How is 2009 H1N1 spread?

Typically it spreads from person to person when an infected person coughs or sneezes. People also become infected when the virus gets on their hands and they rub their eyes or nose.

### Who is at risk for 2009 H1N1?

Anyone can get 2009 H1N1, however children, young adults and pregnant women seem to be at highest risk.

### Who should get the 2009 H1N1 vaccine?

- High risk groups:
  - Children 6 months through 24 years of age
  - Women who are pregnant
  - People 25 through 64 years of age with chronic diseases such as diabetes or asthma
  - People caring for infants less than 6 months of age
  - Health care providers

**Please note:** The Georgia Division of Public Health continues to monitor 2009 H1N1 severity levels.

# Prevention

## Wash your hands

- Wash hands according to the Six Steps chart below or use alcohol-based sanitizer:



## Cover your cough or sneeze

- Cover your mouth and nose when coughing or sneezing
- Use a tissue or cough/sneeze into your sleeve to contain the droplets (don't cough or sneeze into your hands)

## Other ways to stop the flu

- If you have flu symptoms, stay home! Wait 24 hours after fever is gone (without the use of Tylenol or ibuprofen) before returning to school or work
- Avoid sick people; encourage them to stay home

# Vaccinations

## Two reasons to get vaccinated

With two flu viruses circulating this year, seasonal flu and 2009 H1N1, you'll need two vaccinations to protect yourself. Each vaccine protects you only for that particular flu. Even if you received the seasonal flu vaccination last year, you'll need another one this year. The two flu viruses pose different risks to different groups of people (please see the other side for "Who is at risk for seasonal flu?" and "Who is at risk for 2009 H1N1?").

There are two types of vaccines available: the **flu shot** and **nasal spray**. The nasal spray is *not* for everyone (see below for who can get the nasal spray).

## Who can get the nasal spray vaccine?

If you are a healthy individual between 2 and 49 years of age, who is **not** pregnant and does **not** have a chronic health condition, then the nasal spray is an alternative to the seasonal flu or 2009 H1N1 shot.

## 2009 H1N1 vaccine

- The vaccine is very important for people in high risk groups
- Log onto [health.state.ga.us/h1n1flu](http://health.state.ga.us/h1n1flu) to see a list of providers that may have the vaccine<sup>1</sup>
- Call the flu and 2009 H1N1 Hotline at **888-H1N1-INFO (888-4161-4636)**<sup>2</sup> with questions about seasonal flu, 2009 H1N1 and the vaccines

<sup>1</sup> Please contact the provider to check the availability of the vaccine

## Seasonal flu vaccine side effects

- Most side effects are minor such as:
  - Soreness, redness or swelling at site where the flu shot is given
  - Low grade fever or aches that last 1 to 2 days
- Serious side effects are very uncommon
- Health risks associated with the flu are much greater than the risks associated with the vaccine

## Who should *not* be vaccinated against the seasonal flu or 2009 H1N1?

- People who have a severe allergy to chicken eggs
- People who have had a severe reaction after a previous dose of influenza vaccine
- People who developed Guillain-Barré syndrome within 6 weeks of getting a flu vaccine
- Children less than 6 months of age
- Contact your health provider if these apply to you

- 2009 H1N1 vaccine was manufactured in the same manner, by the same companies as the seasonal flu vaccine. For additional information on the 2009 H1N1 vaccine, call the flu and 2009 H1N1 Hotline at **888-H1N1-INFO (888-4161-4636)** or log onto [health.state.ga.us/h1n1flu](http://health.state.ga.us/h1n1flu)
- The benefits of vaccinations outweigh the risks from complications of either flu

<sup>2</sup> Health care providers, please call: 888-H1N1-MED (888-416-1633)

# Got FLU?

If you think you have the flu or H1N1:

- Get plenty of rest
- Drink plenty of caffeine-free liquids to avoid dehydration
- Take non-aspirin pain relievers to reduce fever
- Stay home from work or school
- Contact your health care provider if you have questions about your illness

## Child - Warning signs that urgent medical attention is needed:

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

## Adult - Warning signs that urgent medical attention is needed:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough