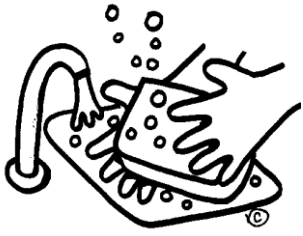


# Prevent FLU and other infections!

## How can I protect *myself*?

## WASH YOUR HANDS!



It sounds simple, but it works!

Wash your hands *after* you sneeze or cough, and *before* you eat.

Use **warm water** and **soap** and rub your hands together for at least **20 seconds** – the amount of time it takes to sing “Happy Birthday!”

OR use alcohol-based hand sanitizer (gel or foam).



**ALSO...** ■ Get a flu vaccine (see below for more information).



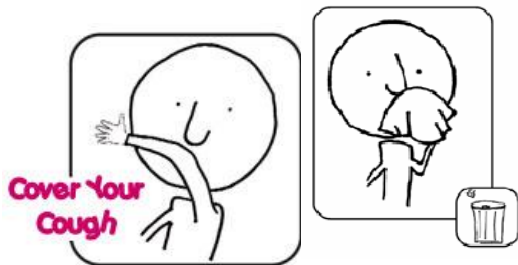
■ Cover cuts and scrapes until healed.

■ Avoid touching your mouth, nose, or eyes.

■ Disinfect telephones, door knobs, banisters, counters, and work surfaces.

## How can I protect *others*?

## COVER YOUR COUGH!



**Never cough or sneeze into your hands!**

Instead, cough or sneeze into your **upper sleeve** or **elbow**.

OR use a **tissue** to cover it – then throw the tissue away and wash your hands (see above).



**Stay home** from work or school if you are sick! Stay home until you have been free of fever for at least 24 hours without fever medicine.

## Why get a seasonal flu vaccine?

## PROTECT YOURSELF AND OTHERS!

Everyone over 6 months old should get a seasonal flu shot every year to help avoid the flu. This is especially important for people who have a high risk for flu complications:

- Children age 6 months to 23 months
- Pregnant women
- Senior citizens (age 65 or older)
- Nursing home patients
- People with asthma, diabetes, heart disease or other chronic illnesses
- People who work with or live with any of these groups.



**A strong, healthy person can spread the flu without even knowing it.**

**Can I get the flu from the flu shot?** No! The flu shot is made of *killed* or *weakened* virus strains. The most common side effect is soreness at the injection site for 1 or 2 days.

**Does it have to be a needle?** No! Ask your health care provider about the nose spray vaccine for people ages 2 to 49 years old.





## What are the symptoms and treatment of cold and flu?

**COLD** = Sore throat, runny nose, congestion, cough, possible slight fever

Symptoms usually last for about a week. You are contagious for the first 3 days. Most colds are caused by *viruses*, so antibiotics that kill *bacteria* will not help!

➡ Cold medicine, drinking plenty of fluids, and rest is the best treatment.



**FLU** = Cough, fever (above 101°F or 38.4°C), headache, muscle aches, feeling tired or weak, sore throat, congestion

Flu symptoms are more severe than cold symptoms and come on more quickly.

➡ Medicine to lower your fever, rest, and drinking plenty of fluids is the best treatment for flu.



**IN GENERAL, call your doctor if you have:**



- Cold symptoms and ALSO have a fever (could be flu or a bacterial infection)
- Severe pain swallowing (could be strep throat)
- Coughing that lasts 2 or 3 weeks (could be bronchitis or asthma).

➡ Seek emergency medical attention if you or your child have trouble breathing, dizziness, confusion, or persistent vomiting, or if your child is extremely irritable or hard to wake.



## WHAT ABOUT THE NOVEL H1N1 VIRUS? (“SWINE FLU”)

H1N1 is a new flu virus that caused an outbreak in the spring of 2009. It has very similar symptoms to regular cold and flu, but often also involves vomiting and diarrhea. Infections have been mild for most people, but there have been some severe infections.

H1N1 is spread the same way as other infections: coughing, sneezing, unwashed hands.

There is a new special flu vaccine against H1N1. To be fully protected, *some people* should get BOTH a regular seasonal flu vaccine and the H1N1 flu vaccine.



**Who should get the H1N1 vaccine?** People who live with or care for children under 6 months old, children and adults age 6 months to 24 years old, pregnant women, health care workers, and people age 25 to 64 years old with chronic illnesses (like diabetes or asthma).

**Why don't people age 64+ need it?** They were probably exposed to a similar virus earlier and may be protected from H1N1 without a vaccine.

**Will I need special testing or treatment if I think I have H1N1?** No! Most people will be diagnosed based on symptoms, not a test. Only those under 5 years old or over 65 years old, pregnant women, or people with other ongoing medical problems might get special tests or prescriptions. Anti-flu medicines may not continue to work well if too many people take them who do not really need them. Overuse may lead to a flu virus that can't be killed by medicine.

➡ Medicine to lower your fever, rest, and drinking plenty of fluids is the treatment for H1N1flu, just like the regular flu.

