

Prevention

Vaccinations

Got FLU?

Wash your hands

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

Six Steps to Effective Handwashing to Prevent the Spread of Germs

- 1** Turn on warm water and wet hands
- 2** Apply soap.
- 3** Rub hands together for at least 20 seconds.
- 4** Rinse hands well under running water.
- 5** Dry hands completely with a clean towel.
- 6** Use towel to turn off faucet.

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

Seasonal flu vaccine

One of the best ways to prevent the spread of seasonal flu is by getting vaccinated annually. There are two types of vaccines available: the **flu shot** and **nasal spray**. The vaccines are updated each year to prevent the spread of new strains of the flu virus, so even if you had a vaccine last year, you'll need another one this year. The vaccine stimulates the immune system to fight the circulating flu viruses.

Who needs the seasonal flu vaccine?

- The seasonal flu vaccine is approved for people 6 months and older
- Healthy people who want to protect themselves against the flu, as well as anyone who is at risk for complications should get the flu vaccine

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 flu shot

Who should *not* be vaccinated?

- 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

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
- Risks associated with the flu are much greater than the risks associated with the vaccine

H1N1 vaccine

- The vaccine should be available Fall 2009
- The vaccine is very important for people in high risk groups

If you think you have the flu:

- 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

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 new novel H1N1 vaccine.

For additional information on seasonal flu and 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 I know if I have the **seasonal flu** or **novel H1N1 virus (H1N1)**?

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.

Similarities

Differences

SEASONAL FLU VIRUS

Symptoms:

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

How is it 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 virus.

Who should get the seasonal flu vaccine?

- High risk groups:
 - Children 6 months to 19 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

NOVEL H1N1 VIRUS

Symptoms:

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

How is it 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 H1N1?

Anyone can get the novel H1N1 virus, however children and young adults seem to be at highest risk.

Who should get the novel H1N1 vaccine?

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

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