

2009

Flu Facts

Seasonal Flu Vaccine



Cough or sneeze into your upper sleeve, not your hands.

- ▶ Minnesota Department of Health and Douglas County Healthcare Facilities are recommending a yearly season flu vaccine as the first and most important step in protecting against season flu.
- ▶ Season vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people age 65 years and older.
- ▶ Seasonal vaccine is also important for healthcare workers and other people who live with or care for high risk people to prevent giving the flu to those at high risk.
- ▶ **GET YOUR SEASONAL FLU VACCINE AS SOON AS IT IS AVAILABLE.**

Novel H1N1 Vaccine

- ▶ A seasonal vaccine will NOT protect you against novel H1N1, which is a new flu virus.
- ▶ The symptoms are the same but are caused by a different strain of virus than the seasonal flu.
- ▶ A vaccine for the H1N1 flu is being developed and will be available this Fall for specific target groups — it will include two shots 3-4 weeks apart or a Flu Mist.
- ▶ Immunity to H1N1 will not occur until 2 weeks after the second vaccine dose.
- ▶ The specific target groups for H1N1 vaccine are:
 - Pregnant women
 - People who live with or care for children under 6 months of age
 - Healthcare workers and emergency personnel
 - All children, adolescents and young adults age 6 months through 24 years
 - People age 25-64 who are at risk of complications because of an underlying medical or immune system condition, including conditions that interfere with breathing, chronic diseases including lung, cardiovascular disease (except hypertension), kidney disease, liver disease, metabolic conditions, and suppressed immune systems.
- ▶ **WHEN THE H1N1 VACCINE IS AVAILABLE, THOSE IN THE TARGET GROUPS ARE STRONGLY ENCOURAGED TO GET VACCINATED.**



Wash hands with soap and warm water.



Cover your mouth and nose with a tissue when you sneeze.



Put your used tissue in the waste basket.

Stay Healthy

- ▶ Cover your nose and mouth with a tissue when you cough and sneeze.
- ▶ Wash your hands often with soap and water, especially after you cough and sneeze. Alcohol-based hand cleaners are also effective.
- ▶ Avoid touching your eyes, nose or mouth.
- ▶ Try to avoid close contact with sick people.
- ▶ Stay home from work and school if you are sick with flu symptoms. Stay home for 24 hours after the fever is gone without using fever-reducing medicine.