

## Focus on the Flu

### Flu Facts: What Everyone Should Know About This Flu Season.

#### This flu season is different!

- In the past, we have only had to worry about one viral (flu) illness during flu season, which many of us have simply known as, "the flu". This illness is now being called the seasonal flu.
- However, this year there is a new viral illness that may cause people to become sickened as well, and it is known as the **H1N1 flu** (formerly called swine flu).
- These flu viruses are *different* from each other and require *different* vaccines for protection.



Seasonal flu \*

#### Signs and symptoms:

- Fever, headache, extreme tiredness, dry cough, runny or stuffy nose, muscle aches, and sore throat.

#### Who should get vaccinated:

- **Everyone** over 6 months of age (exception is anyone with allergy to eggs)

\*The seasonal flu vaccine will **NOT** protect you from the H1N1 flu!



H1N1 flu \*\*

#### Signs and symptoms:

- Fever, chills, headache, extreme tiredness, dry cough, runny nose, sore throat, and muscle aches. Sometimes vomiting / diarrhea .

#### Who should get vaccinated:

- Pregnant women, children 6 months to 24 years of age, new parents and household contacts of children less than 6 months of age.
- Healthcare workers and emergency medical personnel.
- Adults 25-64 with chronic medical conditions.

\*\*The H1N1 flu vaccine will **NOT** protect you from the seasonal flu.

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### Prevention is KEY !

- **Get vaccinated!**
- Cover your nose and mouth with a tissue when you cough and sneeze. Throw tissue in the trash after use. Without a tissue, cough & sneeze into the bend of your arm, but not into your hand where you may spread germs through hand contact with surfaces.
- Wash hands with soap and warm water frequently and paper-towel dry. Then use towel to turn faucet off. If soap & water is not available, use alcohol-based hand sanitizer (at least 60% alcohol) and allow to air dry.

- Avoid touching your eyes, nose, or mouth. Germs spread that way.
- Try to avoid close contact with people who appear sick.

**If you do get sick with flu:**

- Stay home from work or school if you get sick.
- Treat mild symptoms at home by getting plenty of rest, drinking fluids, and carefully reducing fever with acetaminophen or ibuprofen medications. **Do not** take aspirin products when sick with flu. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5-7 days **after** becoming sick. **That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.**
- **If your condition worsens**, contact your health care provider and discuss what other treatment options you may take, including antiviral medications. Try to avoid going to the emergency department unless advised by your physician.

For questions or more information about flu, flu vaccine, or flu clinics, contact Yates County Public Health at 315-536-5160 or toll free at 1-866-212-5160 or visit the website at <http://www.yatescounty.org>

More information on influenza is available at the website for the Centers for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov) or the New York State website at [www.nyhealth.gov](http://www.nyhealth.gov).

For H1N1 influenza information call the New York State Hotline at 1-800-808-1987.