

# Remember...

## Precautions you can take by following your ABCs:

- 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 influenza vaccine.

For additional information on seasonal and H1N1 influenza, log onto:

[www.dutchessny.gov](http://www.dutchessny.gov)  
[www.health.state.ny.us](http://www.health.state.ny.us)  
[www.Flu.gov](http://www.Flu.gov)

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# What You Can Do About the Flu



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## SIMILARITIES

### 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 - 18 yrs old
  - People 50 years and older
  - People with chronic diseases
  - 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

### 2009 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 H1N1 virus, however children and young adults are more at risk.

#### Who should get the H1N1 vaccine?

- High risk groups:
  - Individuals 6 months - 24 yrs old
  - Women who are pregnant
  - People with chronic diseases
  - People caring for infants
  - Healthcare providers

## DIFFERENCES

More on H1N1, Visit  
**Flu.Gov**

# Prevention

## 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



## 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 Advil) before returning to school/work.
- Avoid sick people; encourage them to stay home.

# Vaccinations

## 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* get the seasonal flu vaccine?

- Individuals with a severe allergy to chicken eggs **OR** who have had a severe reaction after a previous dose of influenza vaccine.
- Those who developed Guillain-Barré syndrome within 6 weeks of flu vaccine.
- Children less than 6 months of age.

Contact your health provider if any of these conditions apply to you.

## 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 fever or aches that last 1-2 days.
- Serious side effects are uncommon.
- Risks associated with the flu are much greater than the risks associated with the vaccine.

## 2009 H1N1 vaccine

- The 2009 H1N1 flu vaccine became available in October 2009. It is FDA approved and manufactured just like seasonal flu vaccine.
- Contact your provider for when they will be offering the H1N1 flu vaccine.
- Check for area clinics at [dutchessny.gov](http://dutchessny.gov) or [ww.flucliniclocator.org](http://ww.flucliniclocator.org).

# Got 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 healthcare provider if you have questions.

## Child - Urgent medical attention is needed, when:

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

## Adult - Urgent medical attention is needed, when:

- Difficulty breathing or shortness of breath.
- Pain or pressure in the chest or abdomen.
- Sudden dizziness or confusion.
- Severe or persistent vomiting.
- Flu-like symptoms improve but fever returns with worse cough.