



The Flu and You

Take time to get vaccinated

- You are responsible for the health and well being of yourself, your family and your work place
- CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal flu.
- The seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common.
- 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 65 years and older.
- Seasonal flu vaccine also is important for health care workers, and other people who live with or care for high risk people to prevent giving the flu to those at high risk.
- A seasonal vaccine will not protect you against novel H1N1.
- A new vaccine against novel H1N1 is being produced and will be available in the coming months as an option for prevention of novel H1N1 infection.
- People at greatest risk for novel H1N1 infection include children, pregnant women, and people with chronic health conditions like asthma, diabetes or heart and lung disease.

Take everyday preventive actions

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.*
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible. This is to keep from making others sick.
- While sick, limit contact with others to keep from infecting them.

Flu-like symptoms include:

- Fever (usually high) ■ Headache ■ Extreme tiredness ■ Dry cough ■ Runny or stuffy nose
- Muscle aches ■ Sore throat ■ Vomiting ■ Sometimes diarrhea

Detailed Flu information and handouts can be found at the following web sites:

- General Flu information: <http://www.flu.gov/index.html>
- Maricopa County Flu information: http://www.maricopa.gov/Public_Health/
- Arizona State Flu information: <http://www.azdhs.gov>
- CDC Flu information: <http://www.cdc.gov/swineflu/>
- International Flu information: <http://www.who.int/en/>