



H1N1
& Seasonal Flu

	Seasonal Flu	2009 H1N1 Flu
What is it?	Viruses that cause seasonal influenza are common infections. Our immune systems have fought off these invaders for generations.	2009 H1N1 flu is a new virus, so people may have little or no immunity against it. This means it may spread more easily from person to person.
How serious is it, and who is at most risk?	<p>Each year in the U.S., about 200,000 people are hospitalized due to flu complications; children 5 years old and younger make up 20,000 of those hospitalized; and 36,000 people die from seasonal flu.</p> <p><u>Highest risk:</u></p> <ul style="list-style-type: none"> • Elderly • People with chronic health conditions 	<p>As of September 3, 2009, the CDC reported that about 9,000 people have been hospitalized for H1N1 flu and about 600 people have died.</p> <p><u>Highest risk:</u></p> <ul style="list-style-type: none"> • Pregnant women • Caregivers of children under 6 months • Health care workers • Children and young adults 6 months – 24 years • Adults 25 – 64 years with chronic health conditions
What are the symptoms?	<p><u>Adult symptoms may include:</u></p> <ul style="list-style-type: none"> • Temperature of 100°F or above • Cough • Body aches, chills • Headache • Sore throat • Tiredness (fatigue) • Feeling lousy all over <p>In children symptoms are similar to those in adults although children tend to have higher temperatures than adults and nausea and vomiting or stomach pain.</p>	<p><u>Adults symptoms may include:</u></p> <ul style="list-style-type: none"> • Temperature of 100°F or above • Cough • Body aches, chills • Headache • Sore throat, runny or stuffy nose • Tiredness (fatigue) • Diarrhea and vomiting <p>Little is known about how H1N1 may affect children. The symptoms may be similar to other flu infections.</p>

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<p>What should I do if I get sick?</p>	<ul style="list-style-type: none"> • Stay home and get plenty of rest. • Take ibuprofen or acetaminophen to reduce fever. Do not give children aspirin. • Drink plenty of fluids, especially water. • Keep separate from other members of the household. • If the illness is severe or you are at high risk for flu complications, contact your doctor or seek medical care. 	<ul style="list-style-type: none"> • If the illness is severe, or if you have one of the following risk factors (you are pregnant, a new mom, or have a health condition such as diabetes, heart disease, asthma or emphysema) contact your doctor or seek medical care. • Stay home and get plenty of rest. • Take ibuprofen or acetaminophen to reduce fever. Do not give children aspirin. • Drink plenty of fluids, especially water. • Keep separate from other members of the household.
<p>I don't have any of the risk factors described above. If I'm sick, when should I call the doctor?</p>	<p><u>Adults call the doctor if you have:</u></p> <ul style="list-style-type: none"> • 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 then return with fever and worse cough <p><u>Call the doctor if your child has:</u></p> <ul style="list-style-type: none"> • 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 	<p><u>Adults call the doctor if you have:</u></p> <ul style="list-style-type: none"> • 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 then return with fever and worse cough <p><u>Call the doctor if your child has:</u></p> <ul style="list-style-type: none"> • 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
<p>Is there a vaccine, and who should get it?</p>	<p>The seasonal flu vaccine is available now. Most adults and children – except infants under 6 months – should be vaccinated to reduce the chance of getting the flu and help stop the spread of the virus.</p>	<p>The H1N1 vaccine is expected to be available in early fall. Currently, the CDC recommends that pregnant women, caregivers of children under 6 months, health care workers, people 6 months – 24 years, and adults 25 – 64 years with chronic health conditions be vaccinated first.</p>