

Quick Facts

Seasonal Flu & Pandemic H1N1 Flu (Swine Flu)

	Seasonal flu	Pandemic H1N1 Flu
What is it?	A respiratory infection caused by yearly flu viruses. Because seasonal flu viruses change every year, the seasonal flu vaccine is updated so that it protects against the current seasonal flu viruses.	A respiratory infection caused by a new flu virus. It's responsible for large outbreaks in many parts of the world. Most people don't have immunity to it because it's a new strain of flu.
How is it spread?	<ul style="list-style-type: none"> • From person to person through droplets from a sick person's cough or sneeze • By touching something with the virus living on it, such as a doorknob, and then touching your eyes, nose, or mouth 	
What are the symptoms	Fever Headache Tiredness Dry cough Sore throat Stuffy nose Body aches	<ul style="list-style-type: none"> • Same as seasonal flu • May also have diarrhea and vomiting
Who is at risk for getting it?	Anyone can get the flu, but you are more likely to have serious health problems (complications) because of the flu if you <ul style="list-style-type: none"> • Are 65 years of age or older • Have a chronic medical condition (such as diabetes or heart disease) • Are pregnant • Are a young child 	Anyone can get H1N1 flu but you are more likely to have complications if you <ul style="list-style-type: none"> • Are younger than 25 years of age • Have a chronic medical condition (such as diabetes or heart disease) are pregnant • Are a young child
When should you seek urgent medical treatment?	<p>FOR CHILDREN</p> <ul style="list-style-type: none"> • Fast breathing or trouble breathing • Bluish skin color • Not able to drink enough liquids • Fever, with a skin rash • Flu symptoms that improve, then return with fever and worse cough • Not waking up, not interacting • Confusion • Being so irritable that she/he does not want to be held <p>FOR ADULTS</p> <ul style="list-style-type: none"> • Difficulty breathing or shortness of breath • Pain or pressure in the chest or abdomen • Sudden dizziness • Confusion • Severe or continuing vomiting <p style="text-align: center;">IF YOU HAVE ANY OF THESE SYMPTOMS, SEEK EMERGENCY MEDICAL CARE IMMEDIATELY.</p>	

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How is it treated?	<ul style="list-style-type: none"> • Most people don't need medical care and will get better on their own with rest and fluids. • Take acetaminophen (Tylenol), ibuprofen (Motrin, Advil), or naproxen (Aleve) for fever and body aches – DO NOT take aspirin (acetylsalicylic acid). • If you have severe illness or are more likely to have complications, your doctor may prescribe antivirals (such as Tamiflu). Antivirals don't guarantee the flu will go away or be less contagious. 	
How can it be prevented?	<ul style="list-style-type: none"> • Cover your nose and mouth with a tissue or your sleeve when you cough or sneeze. • Wash your hands often with soap and water and/or use gel sanitizers. • Avoid touching your eyes, nose, or mouth since germs spread that way. • Avoid close contact with sick people. • If you're sick, stay home for at least 24 hours after fever ends. • Get a flu vaccine, if recommended. 	
Who should get the vaccine?	<p>Anyone who wants to avoid the flu should get a seasonal flu vaccine, especially</p> <ul style="list-style-type: none"> • Pregnant women • Children ages 6 months through 18 years • Those who live with or care for people at risk for flu complications • People ages 50 and older • People with chronic medical conditions like asthma or diabetes, or weakened immune systems • Health care workers • Those who live in a nursing home or other long-term care home 	<p>The H1N1 vaccine will be first available to</p> <ul style="list-style-type: none"> • Pregnant women • People living with or caring for infants under 6 months of age • Health care workers • Emergency medical personnel • Children and young adults from 6 months through 24 years • People ages 25 through 64 years with chronic medical conditions like asthma, diabetes, or weakened immune systems.
When and where will vaccine be available?	<ul style="list-style-type: none"> • Public Health drive through flu clinics the last week in October, for people over 50 or at higher risk • Public Health Nursing Clinic, every Thursday afternoon through 11/19/09 from 2-4 PM, offering Flumist nasal spray for healthy people 2-49 years old • Chain pharmacies such as Walgreens or CVS – check their websites or call pharmacy locations for more information • Local health care providers – call for availability and an appointment 	<p>Plumas County will have enough H1N1 vaccine supplies to begin public flu clinics in mid to late November.</p> <p>School based and drive through flu clinics are planned, in the same locations as for seasonal flu vaccine. More information will be coming on other ways families with very young children can get free H1N1 flu vaccines in their community. Dates of H1N1 flu clinics will be announced after adequate supplies of vaccine are received.</p>

Plumas County Public Health Agency, 270 County Hospital Road, 530-283-6330, www.countyofplumas.com

For more information:
Centers for Disease Control and Prevention (CDC)
www.cdc.gov/h1n1flu
California Department of Public Health www.cdph.ca.gov

