

Are You Ready for the 2009-2010 H1N1 Flu Season?



Are you prepared for flu season? Do you know which vaccine(s) you'll need to protect yourself and your family from both the seasonal flu and the potentially more dangerous H1N1 (swine) flu strain? Do you know how to help avoid spreading the flu?

Take action

Here are a few flu-season tips to know and follow. Share them with your family.

- **Get vaccinated**

In the fall of 2009, there may be two or even three flu vaccines available to combat both seasonal flu and the new H1N1 strain. One vaccine may not be enough this year to immunize some vulnerable populations against all flu threats. The most vulnerable should receive flu shots first. Check the CDC Web site for the most current recommendations for vaccination. Also ask your health care provider if you have questions about getting vaccinated.

- **Wash hands frequently**

Wash your hands throughout the day to help remove flu germs you may come in contact with. Keep your hands away from your eyes, nose and mouth as much as possible. Keep hand sanitizer with you and use it.

- **Ask about antivirals**

Prescription antiviral medication can help certain at-risk people with the flu who are over one year of age. It must be taken within 48 hours after flu symptoms appear. If you or a family member have symptoms, ask your doctor about antivirals.

- **Don't spread the flu**

If you have flu-like symptoms, stay home until you're feeling better to avoid spreading the flu to others. Keep sick children at home, too. Cover your nose and mouth whenever you cough or sneeze and drink plenty of fluids. See your doctor promptly if symptoms worsen.

- **Have a plan**

Have a "game plan" for what you'll do if you, a child or an elderly parent come down with flu. Pre-arrange backup help in case you get sick or need to care for a family member.

For the most current information about H1N1 and seasonal flu, visit cdc.gov/h1n1flu and flu.gov.

SOURCE: Centers for Disease Control and Prevention (CDC) recommendations as of

8/12/2009

Stay informed about H1N1

It's important to stay informed about the latest H1N1 flu and vaccine news and know how to protect your health. Go to the **Centers for Disease Control (CDC)** Web site cdc.gov/h1n1flu for the most current facts and recommendations, including what to do if you get sick and how to care for someone with the flu. You can also visit the U.S. Health & Human Services Web site flu.gov and UMR's Web site umr.com for more flu information.

