

SAY NO 2 FLU



Protect yourself and your family against 2 types of flu.

Pandemic Flu H1N1

Wash hands often



Seasonal Flu

Cover coughs & sneezes

Stay home when sick

Get flu vaccinations

2 Vaccines for 2 Types of Flu

Pandemic Flu H1N1: those most at risk need to get vaccinated are:

- Pregnant women
- Children & young adults - 6 months to 24 years of age
- Household contacts of infants - 6 months of age or younger
- Adults with chronic health conditions

Seasonal Flu: those most at risk need to get vaccinated are:

- Children - 6 months through 18 years
- Adults
- Seniors



CALL YOUR HEALTH CARE PROVIDER for Pandemic Flu H1N1 and Seasonal Flu vaccine information.



Signs & Symptoms

Symptoms of Pandemic Flu H1N1 are similar to symptoms of Seasonal Flu

- Fever
- Fatigue
- Nausea
- Cough
- Sore throat
- Vomiting
- Headache
- Body aches
- Diarrhea



If symptoms persist or get worse, seek medical attention.

Prevention for 2 Types of Flu



• Cover coughs & sneezes with a tissue or the corner of the elbow. Throw tissue away after each use.

• Wash hands often with soap and water. Alcohol-based hand cleaners are also effective.

• Stay home when sick & keep sick children home from school.

• Avoid close contact with others who are sick.

Brochure adapted from the Fresno County Department of Public Health

FOR MORE INFORMATION:



Madera County Department of Public Health
800-427-6897; www.madera-county.com/pulichealth/h1n1.html



Centers for Disease Control & Prevention:
800-232-4636; www.cdc.gov



US Department of Health & Human Services:
877-696-6775; www.flu.gov



California Department of Public Health
916-558-1784; www.cdph.ca.gov



Santa Clara County Public Health Department:
www.sccgov.org - search "Home Care Guide for Pandemic Flu"