H1N1 & Seasonal Influenza (Flu) Prevention

1. Wash your hands often, especially after coughing & sneezing. Wash for 20 seconds with soap & warm water. Use alcohol-based hand sanitizers or wipes if soap and water are not available.

2. When coughing or sneezing, cover your mouth & nose with a tissue or the inside of your elbow. Throw the used tissue in the trash and wash your hands.

3. Avoid touching your eyes, nose & mouth. Germs spread this way.

4. If you are sick, stay home and away from others for 24 hours after your fever (=100°F) is gone without the use of fever reducing medications.

5. Stay away from sick people whenever possible.

6. Most people who get the flu do not need to go to the doctor or hospital unless they are severely ill or have an underlying condition.

7. If you are severely ill or at high risk for influenza complications and become ill, call your health care provider as soon as possible. Early treatment with antiviral medications is very important for people at high risk because it can prevent hospitalizations and deaths.

8. Consider getting vaccinated for seasonal flu if it is recommended for you. Your primary care provider is the best place to get vaccinated. If that is not possible, then click here to find a list of community sites that offer the seasonal flu vaccination.

9. Consider getting vaccinated for H1N1 if you are in one of the following initial target groups:

• Pregnant women

• Children and young adults aged 6 months - 24 years

• Persons who live with or provide care for infants aged <6 months

• Persons aged 25 - 64 years who have medical conditions that put them at higher risk for influenza-related complications

• Health-care and emergency medical services personnel

10. Keep informed by going to the following websites:

• Erie County Department Of Health (www.erie.gov/health/swine_flu.asp)

• New York State Department Of Health (www.health.state.ny.us/diseases/communicable/influenza/h1n1/)

• Centers for Disease Control (www.cdc.gov/h1n1flu/)

• Flu.gov (www.flu.gov/)