

Comparing H1N1 (Swine Flu) and Seasonal Influenza



	Seasonal Influenza	H1N1 (Swine Flu)
The Facts	<p>Several common strains of flu virus go around each year mainly in the fall and winter. A yearly shot can prevent it.</p> <p>There are certain people who are at higher risk including people over 65, children younger than 5, pregnant women and people of any age with a chronic health condition.</p>	<p>A new flu strain that started and spread quickly around the world making people sick.</p> <p>High risk populations do not seem to include those individuals over the age of 64. High risk categories include: pregnant women, those ages 6 months – 24 years and individuals with chronic health conditions.</p>
The Symptoms	<p>Fever, Headache, Tiredness, Cough, Sore Throat, Runny or stuff nose, and Body aches.</p>	<p>Same as Seasonal Flu</p>
Prevention	<p>Wash hands with warm water and soap or use hand sanitizer when soap and water are not available.</p> <p>Cover Coughs and Sneezes Use a tissue or your upper sleeve. Put the used tissue in a wastebasket.</p> <p>Stay Home if you are sick.</p>	<p>Same as Seasonal Flu</p>
The Vaccine	<p>Each year a vaccine is available for seasonal flu. This year the vaccine will be available to anyone over the age of 6 months who would like to receive it. It is especially important for:</p> <ul style="list-style-type: none"> • Pregnant women • Children age 6 months to 19 years • Those over the age of 50 • People of any age with chronic medical conditions 	<p>It is anticipated that a vaccine will be available for H1N1 sometime in mid October. CDC is currently recommending that:</p> <ul style="list-style-type: none"> • Pregnant women • Health care workers with direct patient contact • Children age 6 months to 24 years • Those under the age of 64 with chronic medical conditions. • Household contact of those 6 months or younger

