Pandemic H1N1 2009

Pandemic H1N1 2009 or Novel H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This virus is spreading from person-to-person worldwide, in much the same way that regular seasonal influenza viruses spread. The 2009 H1N1 flu is widespread in the United States and in North Carolina. It is expected that most people will recover without needing medical care. If you have severe illness or you are at high risk for flu complications, seek medical care. Your health care provider will determine the best course of action.

**H1N1 Vaccine Information:**
The H1N1 vaccine is as safe and effective as seasonal flu vaccine. The seasonal flu vaccine will not protect you against H1N1. Your local Health Department and participating providers are receiving weekly shipments of H1N1 vaccine. Contact your local Health Department for more information on availability. Children 9 and younger will need to get 2 doses of the H1N1 vaccine, about 1 month apart. Children and adults 10 and older will need to get 1 dose of the H1N1 vaccine.

Health Officials encourage the following target groups get vaccinated:
~ Pregnant Women
~ Household contacts and caregivers of children younger than 6 months
~ Healthcare workers/ Emergency Medical Services personnel
~ All children aged 6 months to 24 years
~ Individuals 25 to 64 with health conditions associated with high risk complications from the flu

These groups have been chosen for various reasons - primarily risk of exposure, complications, and spread.

**Sign & Symptoms**
- Fever  - Cough  - Runny/ Stuffy Nose  
- Sore Throat  - Body Aches  - Headache  
- Chills  - Fatigue  - Nausea and/or Diarrhea

Stay home for at least 24 hours after fever is gone except to get medical care or for other necessities. (Fever reducing medicine may be taken, but fever should be gone for 24 hours after taking the last dose of medicine before going back to school or work.)

*Source: Centers for Disease Control and Prevention*
What You Can Do to Stay Healthy…
Protect Yourself and
Your Loved Ones from the Flu and
Other Illnesses!

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Hand sanitizers are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home and limit contact with others if you get sick.
- Try to avoid close contact with sick people.
- Get plenty of rest.
- Eat right and exercise regularly.
- Develop a family emergency plan as a precaution. This should include storing a supply of food and water, medicines, facemasks, and other essential supplies.