

Flu Facts: What Everyone Should Know About This Flu Season

Updated 12/23/09

This flu season is different!

- In the past, we have only had to worry about one virus during flu season which many of us have known simply as, “the flu.” This virus is now being called the **seasonal** or **regular flu**.
- This year there is a new virus that may cause illness known as the **H1N1 flu**, or the **swine flu**.
- These flu viruses are *different* from each other and require *different* vaccines for protection.

Seasonal (regular) flu *

Signs and Symptoms

- Fever, headache, extreme tiredness, dry cough, runny or stuffy nose, muscle aches, and sore throat.

Who should get vaccinated

- **Everyone** over 6 months of age.

* The seasonal flu vaccine will NOT protect you against the H1N1 flu!

vs.

H1N1 (swine) flu **

Signs and Symptoms

- Fever, headache, extreme tiredness, dry cough, runny or stuffy nose, muscle aches, and sore throat. Sometimes vomiting, diarrhea.

Who should get vaccinated

- H1N1 vaccination is now recommended for ALL New Yorkers over 6 months of age, not just those in the initial priority groups. This includes senior citizens age 65 and older.

Prevention is KEY!

- Cover your nose and mouth with a tissue when you cough/sneeze and throw the tissue in the trash then wash your hands or use alcohol based hand cleanser.
- Wash your hands often with soap and water or alcohol based hand cleanser
- Avoid touching your eyes, nose or mouth because this is how germs spread.
- Try to avoid close contact with sick people
- If you are sick with the flu, avoid contact with people until at least 24 hours after your fever is gone (without use of any fever reducing medicine)
- Stay home from work or school if you are ill.
- **Get your flu shot(s)!**

For questions or more information about the flu or flu vaccine, contact the Livingston County Department of Health at 1-877-280-6775 or visit our website at http://www.livingstoncounty.us/doh_home.php

