

# The FLU and YOU

## BE AWARE

There are **two** types of flu this year:

<i>Seasonal Flu</i>	1
<i>H1N1 (Swine Flu)</i>	<u>+1</u>
	2

**Two FLUs = Two SHOTS!**

*A seasonal flu vaccination will not protect you against novel H1N1, and an H1N1 vaccination will not protect you against the seasonal flu – you need both!*

### H1N1 Symptoms

- **Fever**
- **Coughing and/or sore throat**
- **Runny or stuffy nose**
- **Headaches and/or body aches**
- **Chills**
- **Fatigue**
- **Vomiting**
- **Diarrhea**

## GET PREPARED

### Get Vaccinated

#### Have a Family Care Plan

- Sick child care arrangements.
- Make sure someone is available to pick up your sick child from school if you are unable to do so.
- Ask if you can work from home. If this is not possible, find other ways to care for your children at home.
- Identify a separate room in the house to care for sick family members.

#### Stock Up on Supplies

- Thermometer
- Soap, hand sanitizer, tissues
- Fever reducing medications (non-aspirin)
- Anti-diarrheal medication
- Fluids with electrolytes
- Prescription medications for chronic diseases
- Food & water
- Ready-to-eat canned fruits, vegetables, and soups
- Crackers, dry cereal or granola

## TAKE ACTION

### Remember the Three “C’s”

- **CLEAN** your hands
- **COVER** your cough
- **CONTAIN** the spread of germs

### Hands off the “T” Zone

Avoid touching your eyes, nose or mouth – the “T” zone – because germs can be spread this way.

### STAY HOME if you’re sick!

Don’t go to the grocery store, the mall, extracurricular activities, or other social gathering places.

### Seek Medical Attention

for any of the following signs:

- **Fast or troubled breathing**
- **Bluish skin**
- **Lack of thirst**
- **Failure to wake up easily or interact**
- **Irritability, not wanting to be held**
- **Improvement of symptoms, then return to fever and worse cough**
- **Fever with rash**