




## Comparisons between H1N1 Pandemic Influenza and the Seasonal Flu

	Seasonal Flu	H1N1
<p><b>The Facts:</b></p>  <p>Seasonal Flu Strain</p>  <p>H1N1 Influenza Strain</p>	<p>Several common strains of the flu virus go around each year, mainly in the fall and winter. A Yearly flu shot (or FluMist) can prevent this flu. There are certain people who are at higher risk, including people over the age of 65, children younger than five, pregnant women, and people of any age with a chronic health condition.</p>	<p>This is a new flu strain which originated in Mexico and spread quickly around the world, making people sick. Since this is a new flu (A Novel Flu), people have no immunity against it. High-risk populations do not include those over the age of 64. Those at highest risk include pregnant women, those ages 6 months to 24 years and individuals who have chronic health problems.</p>
<p><b>The Symptoms:</b></p>	<p>Fever, headache, tiredness, cough, sore throat, runny or stuffy nose, and body aches.</p>	<p>Symptoms are the same as for the Seasonal Flu. They may worsen over time, and need hospitalization</p>
<p><b>Prevention:</b></p>	<p>Wash your hands – often – and wash them correctly. Teach your family proper hand washing. Cover your nose and mouth when you cough, and dispose of the tissue properly.</p> <p>If tissues are not available, put your nose into your elbow, cough, and sneeze there to trap virus droplets from infecting the air.</p> <p>Stay home! Do not think for a minute that you would be welcome anywhere if you are sick!</p>	<p>Same as the Seasonal Flu</p> 
<p><b>The Vaccine</b></p>	<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"> <li>▪ Pregnant Women</li> <li>▪ Children 6 months to 19 years old</li> <li>▪ Those over the age of 50</li> <li>▪ People of any age who have chronic medical conditions</li> </ul>	<p>It is anticipated that a vaccine will be available for H1N1 Mid November through December. CDC is currently recommending the following groups get the first available vaccine:</p> <ul style="list-style-type: none"> <li>✓ Pregnant women</li> <li>✓ Health Care Workers with direct patient contact</li> <li>✓ Children age 6 months to 24 years</li> <li>✓ Those under the age of 64 with chronic medical conditions</li> <li>✓ Household contacts of those 6 months or younger</li> </ul>