



YOU CAN! TAKE PRECAUTIONS TO AVOID THE FLU (Seasonal and H1N1)



Everyday preventive actions include:

- 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. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone (without the use of fever-reducing medicine) except to get medical care or for other necessities.
- While sick, limit contact with others as much as possible to keep from infecting them.

Take time to get a flu vaccine:

CDC (US Center for Disease Control) recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza.

Who should get the H1N1 vaccine?

Persons aged 25 through 64 years who have medical conditions associated with a higher risk of influenza complications and those who are caretakers for infants and younger people at risk. Once providers meet the demand for vaccine among persons in initial target groups, vaccination is recommended for all persons 25 through 64 years of age. Current studies indicate that the risk for infection among persons age 65 or older is less than the risk for younger age groups. However, once vaccine demand among younger age groups has been met, programs and providers should offer vaccination to people 65 or older.

Can seasonal influenza vaccine and 2009 H1N1 vaccine be given at the same visit?

Existing recommendations are that these vaccines can be administered at any time before, after, or at the same visit as each other.

Flu-like symptoms include: *Fever, cough, sore throat, runny or stuffy nose, chills, body aches, headache and fatigue. Some people may also have vomiting & diarrhea.*

For more information, visit www.cdc.gov/h1n1flu/ or www.flu.gov
or call **800-CDC-INFO**.

For more information please contact:

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