



# Be flu smart.

## Protect yourself and your family from the flu.

### Get a seasonal flu shot.

Flu shots are available at several public health centers and from many health care providers.

The seasonal flu shot will not prevent infection with the 2009 H1N1 (swine flu) virus.

Vaccine for the 2009 H1N1 virus is now available. Those at highest risk of complications from H1N1 will be vaccinated first. While shortages are not anticipated, the vaccine is arriving in limited quantities. Based on the amount of vaccine received, priority groups will be further narrowed until more supplies become available.

Priority groups include:

- Pregnant women because they are at high risk of complications and can potentially provide protection to newborns who cannot be vaccinated.
- Household contacts and caregivers for infants younger than 6 months of age because this age group is at higher risk of influenza-related complications and cannot be vaccinated. Vaccination of close contacts helps create a “cocoon” that protects young infants from the virus.
- Health care and emergency medical services personnel because infections among them have been reported and they can then spread it to vulnerable patients.

- Children from 6 months through 18 years of age because cases of 2009 H1N1 influenza have been seen in children who are in close contact with each other in school and child care settings, which increases the likelihood of disease spread.
- Young adults 19 through 24 years of age because many cases of 2009 H1N1 influenza have been seen in these healthy young adults and they often live, work and study in close proximity, and they are a frequently mobile population.
- Adults 25 through 64 years of age who have health conditions associated with higher risk of medical complications from influenza.

To find out which members of the priority groups are currently being served, go to [www.snhd.info](http://www.snhd.info) or call 759-INFO.

### Practice healthy habits.

- Wash your hands frequently. If soap and water are not available, use alcohol-based hand sanitizer.
- Cover your coughs and sneezes with a tissue or your sleeve.
- Stay home if you get sick. The Centers for Disease Control and Prevention recommends staying home 24 hours after the fever subsides.



For up-to-date information on the H1N1 virus and vaccine availability, go to [www.SNHD.info](http://www.SNHD.info) or call (702) 759-INFO (4636).