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FLU INFO FOR PARENTS & STUDENTS

INFORM

The Health District and the CDC are the best sources of accurate information. No rumors, just facts.

PREVENT

The severity of this flu season depends on the choices YOU make.

VACCINATE

Everyone should get a seasonal flu shot. High-risk groups should get the H1N1 swine flu shot.



You've heard this over and over again since you were 5 years old, right? This is sound, tried and true advice. This is the best way to help yourself and others during flu season.

Keep yourself and your family healthy. Choices you make affect everyone. Be responsible.

5 things you can do that REALLY matter:

- Stay home if you are sick – for at least 24 hours after your fever is gone.
- Cover your mouth & nose with your arm when you cough or sneeze.
- Wash your hands and use hand sanitizer.
- Avoid sick people.
- Get a flu shot.



www.flu.gov

So you're listening to the Health District and CDC for flu updates – what else can you do?

- ✓ Make prevention part of your everyday routine – not just for a week after you read this.
- ✓ Get a seasonal flu shot.
- ✓ Teach your kids prevention – they will listen and remember.
- ✓ Be personally responsible.
- ✓ Realize your actions affect the health of the entire county.

Oh come on! Don't use your hands!



Perfect! In the sleeve!



www.ready.gov

Develop a **PLAN**

Line-up childcare now in case your kids are sick and need to stay home. Teach kids (& yourself!) prevention. Have a 2 week flu kit at home: food, water, medicine, thermometer.

INFORM

Flu Symptoms

Seasonal flu and swine flu are respiratory illnesses & have very similar symptoms.

- **Feverish**
- **Headache**
- **Sore throat**
- **Body aches**
- **Tiredness**
- **Runny nose**
- **Cough**
- **Vomiting/ diarrhea in some cases**

A cold is different from the flu.

The flu usually comes on suddenly.

If you have a mild case of the flu, you are better off getting well at home rather than going to a crowded doctor's office or hospital with really sick people.

Swine flu tends to hit younger people.
Seasonal flu tends to hit older people.



got flu?

Medical Attention

Contact your doctor if you or your kids experience any of these symptoms:

- **Trouble breathing**
- **Sudden dizziness**
- **Confusion**
- **Not drinking enough fluids**
- **Bluish or gray skin color**
- **Severe vomiting**
- **Pain/pressure in the chest**
- **Symptoms improve but then return with fever and cough**

www.cdc.gov/H1N1

VACCINATE

Seasonal Flu vs H1N1 Swine Flu Shots

Regular seasonal flu shots are offered and recommended to everyone each year. H1N1 swine flu shots will be offered to certain groups as soon as they are available.

SEASONAL FLU SHOTS

- **Available now** (doctors, & pharmacies now, @ Health District Oct. 5th to 9th)
- **Everyone can & should get a shot**
- **Helps protect you from several flu strains**
- **Online registration**

H1N1 SWINE FLU SHOTS

- **Will be available in mid-October** (watch for details on where/when)
- **First shots are for high-risk groups**
- **Helps protect you from H1N1 swine flu**
- **Online registration**

Who Gets H1N1 Swine Flu Shots

The H1N1 swine flu hits certain people harder than others. To help protect the people who are the most likely to be affected by the swine flu, shots will be offered to these groups first:

- **Pregnant women**
- **Household contacts & caregivers of kids younger than 6 months (ie, parents, siblings, babysitters)**
- **Healthcare & emergency medical personnel**
- **All people age 6 months to 24 years**
- **People age 25 to 64 years with chronic health conditions associated with higher risk of complications from flu**

≈ Depending on the timing of vaccine delivery, the above groups may be prioritized. There is no shortage of vaccine anticipated.

Once all of these groups have been offered the H1N1 swine flu shot, it will be offered to everyone else.



Registration

Register for the seasonal flu shot now at our website!

Online registration for the H1N1 swine flu shot will begin in mid-October. Check the Health District website often!

www.miamicountyhealth.net

www.cdc.gov/H1N1/vaccination



Your school is working closely with the Health District to provide you with accurate, timely information. Informed people make good decisions.