

INFLUENZA

PREVENT GETTING AND SPREADING THE FLU

H1N1 | PREPARE4FLU2DAY
www.ColumbusPandemicFlu.org

This flu season, your health can affect your family and your community. Follow these steps to prevent the spread of the flu - both seasonal flu and the pandemic H1N1.



Wash your hands.

- Wash your hands often, especially after you cough or sneeze.
- Use soap and warm water, washing for 20 seconds, and use a towel or elbow to handle the faucet and doorknob.
- Alcohol-based hand cleaners are also effective (with at least 60% alcohol) when you can't wash your hands.
- Teach children good handwashing by modeling it for them.



Cover your cough.

- Use the sleeve of your clothes, elbow or shoulder to cover your cough or sneeze.
- You may also cover your nose and mouth with a tissue, then throw the tissue away.
- Teach children the proper way to cover a cough.



Stay home when sick.

Anyone with flu symptoms should stay home from school or work. Symptoms to watch for are a fever of more than 100°F, coughing, muscle aches, severe headache and, in some cases, vomiting and diarrhea. Stay home until at least 24 hours after free of fever without the use of fever-reducing medications. Stay away from other people and contact a healthcare provider.



Have a plan.

- Have a backup plan if your child cannot go to their usual place for childcare.
- Have two people you can count on to be your backups.
- Make sure that your child's school has multiple contact numbers to reach you.



Get vaccinated.

The pandemic H1N1 vaccine supply will be limited at first. It will be given to those at highest risk for severe illness. Among these groups are:

- Children 6 months through adults 24 years of age
- People who live with or care for children younger than 6 months of age
- All pregnant women
- People aged 25 - 64 years with health conditions that can cause medical problems from the flu

The H1N1 vaccine is not replacing the seasonal flu vaccine — so getting your seasonal flu shot is still important.



Stay informed.

Visit www.columbuspandemicflu.org for flu information and updates. You can also follow us on Facebook (www.facebook.com/ColumbusFluInfo) and Twitter (www.twitter.com/ColumbusFluInfo).

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