

Get Ready for the Flu

Know
What to Do
About the Flu

Flu season is unpredictable.

No one knows the severity of illness the 2009 H1N1 flu will cause or the amount of illness that may occur as a result of seasonal flu. It is important to make plans for different situations.

Take time to get a flu shot.

There will be 2 different flu vaccines this year. People at highest risk of serious flu complications should talk to their health care provider about getting a flu shot.

- The *seasonal flu shot* is important for young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease, and people 65 years and older.
- People who should talk to their health care provider about the *2009 H1N1 flu shot* include children, pregnant women, and people with chronic health conditions like asthma, diabetes or heart/lung disease. It is important for people who live with or care for anyone in these high risk groups to get a flu shot to prevent giving the flu to those at high risk.

Make plans now with your healthcare provider.

If you have a chronic medical condition like asthma, diabetes, heart or lung disease, you should talk to your healthcare provider now about what you should do if you get the flu.

Stock up.

Be prepared in case you get sick and need to stay home. Here are some items you will want to have on hand:

- Fever reducing medicines that contain acetaminophen or ibuprofen
- Alcohol-based hand cleaners
- Tissues
- Other items that will help you avoid the need to make trips out in public while you are sick

Make plans in case your or your household members get sick.

- Plan for child care at home if your child gets sick.
- Be sure that others who depend on you have a back up plan if you are sick or need to stay home.

Help prevent the spread of germs with everyday healthy habits.

- Wash your hands often with soap and water or use alcohol-based hand sanitizers.
- Cover your coughs and sneezes.
- Avoid touching your eyes, nose and mouth.
- Clean surfaces that are frequently touched like doorknobs, desks, keyboards and phones. Use cleaning agents that are usually used in these areas. Disinfection beyond regular cleaning is not necessary.

Stay informed.

- Health officials will provide additional information as it becomes available.

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