Flu is a serious contagious disease.

Each year in the United States, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications.

This flu season could be worse.

There is a new and very different flu virus spreading worldwide among people, called Pandemic H1N1 flu. This virus may cause more illness than usual, as few people have immunity.

CDC Says
“Take 3” Steps
To Fight The Flu

These actions will protect against the new H1N1, too!

Flu-like symptoms include:

- fever (usually high)
- dry cough
- headache
- extreme tiredness
- runny or stuffy nose
- muscle aches
- sore throat
- vomiting
- sometimes diarrhea

For more information, visit
www.flu.gov
or call
800-CDC-INFO

Department of Health and Human Services
Centers for Disease Control and Prevention

building a healthier community
Shasta County Public Health
www.shastapublichealth.net
CDC urges you to take 3 action steps to protect against the flu.

#1
Take time to get vaccinated.

- CDC recommends a yearly seasonal flu vaccine as the most important step in protecting against seasonal flu.
- Seasonal flu vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Seasonal flu vaccine also is important for health care workers, and people who live with or care for the high-risk people listed above.
- A seasonal vaccine will not protect you against the new Pandemic H1N1 flu.
- A new Pandemic H1N1 vaccine is being produced and will be available for prevention of Pandemic H1N1 infection. Two doses, one month apart, are needed.
- Risk groups for having complications from the H1N1 virus include: pregnant women, household contacts of young children, health care workers, children and adults between the ages of 6 months and 24 years, and people with chronic illnesses up to age 64.
- Both seasonal and pandemic flu viruses can lead to bacterial pneumonia. Consider a pneumonia shot to protect against this common flu complication. People over 65, people ages 2-64 with chronic medical conditions, and smokers should get a pneumonia shot.

#2
Take everyday preventive actions.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Keep surfaces touched by many hands clean, such as keyboards, appliances, remote controls and doorknobs.
- Try to avoid close contact with sick people.
- If you have a fever of at least 100°F or more and are sick with flu-like illness, stay home for at least 24 hours after your fever is gone (except to get medical care or for other necessities.) Your fever should be gone without the use of a fever-reducing medicine.
- Keep away from others as much as possible. This is to keep from making others sick.
- Sick health care workers need to stay home for at least 7 days after the onset of symptoms, sometimes longer.

#3
Take flu antiviral drugs if recommended.

- If you get seasonal or Pandemic H1N1 flu, antiviral drugs can treat serious flu.
- Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that help keep flu viruses from multiplying in your body.
- Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications.
- Antiviral drugs are not sold over-the-counter and are different from antibiotics.
- Antiviral drugs may be especially important for people who are very sick (hospitalized) or people who are sick with the flu and who are at increased risk of serious flu complications, such as pregnant women, young children and those with chronic health conditions.
- For treatment, antiviral drugs work best if started within the first two days of symptoms.
- Consult with your doctor to see if antiviral drugs are right for you, as they may cause side effects or no longer work if used too widely.