

H1N1 Flu vs. Seasonal Flu - What You Need to Know

SEASONAL FLU

Don't wait...vaccinate

If I get a seasonal flu shot early, will it still work through the entire flu season?

YES. Regardless of how early you receive your seasonal flu vaccination, you will have protection from seasonal flu for the duration of the flu season. Vaccination can begin as soon as vaccine is available, in late August or September. The goal is for people - especially those at high risk of developing complications from influenza - to receive a seasonal flu vaccination before influenza activity is taking place in the community. Currently, there is ongoing influenza activity in Kansas and Missouri, so the sooner you receive a seasonal flu vaccination, the better.

Will the seasonal flu vaccination protect me from H1N1 Influenza?

NO. Because the H1N1 Influenza A strain of flu has never been seen before, the seasonal flu vaccination will not provide protection against it. You will need to obtain a separate vaccination for H1N1 in order to be fully protected this flu season.

H1N1 FLU

Is this vaccine for you?

The new H1N1 influenza vaccine should be available beginning in mid-October. Eventually, everyone should get vaccinated, but initially, the vaccine will be made available to individuals in the following priority groups. These groups were identified by the federal government based on who is most at risk for severe illness from the H1N1 virus:

- Pregnant women
 - Household contacts and caregivers of infants younger than six months of age
 - All children and young adults ages six months through 24 years
 - Health care personnel
 - People ages 25 to 64 with high-risk medical conditions
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WHAT YOU CAN DO

Reducing the spread of flu

As with any influenza virus, you can help reduce the spread of H1N1 and seasonal flu by taking the following steps:

- Avoid close contact with those who are sick.
- Wash your hands thoroughly with soap and warm water or use an alcohol-based hand sanitizer to get rid of most germs. Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick to avoid spreading illness to co-workers and friends.
- Stay healthy by eating a balanced diet, drinking plenty of water, and getting adequate rest and exercise.
- Cough or sneeze into your elbow or a tissue and properly dispose of used tissues.
- Keep all immunizations up to date, including the seasonal flu shot.

Over for more information...

Your school district is planning for the flu season

- Students and staff should stay home if they have flu-like symptoms; children will be sent home if they get sick at school. A seclusion room is being utilized in order to reduce the spread of viruses.
- Increased disinfection of touch surfaces.
- Ensuring hand washing by students and staff. Disinfectant wipes and hand sanitizers will be located in each classroom.
- Partnering with the Leavenworth County Health Department for the prevention and maintenance for flu season. The District will likely be a distribution site for the H1N1 vaccine (more information to come).

Seasonal Flu Shot Drive Thru Clinics

- Leavenworth 10th Avenue Park (near Warren Middle School)
September 21, 2009 9:00 a.m. - 1:00 p.m.
- Tonganoxie Middle School (824 Washington)
October 12, 2009 9:00 a.m. - 1:00 p.m.

Cost: \$20, Cash, Check, Medicare B, Medicaid,
& Healthwave accepted

Who can get it? Anyone 6 months and up
(6 months-3 years need a doctor's note)

***Sponsored by the Leavenworth County Health Department
Questions? Call 250-2000***

**Questions? Call your school nurse, or
learn more at PrepareMetroKC.org**