

What's the Difference?

H1N1 Flu

Seasonal Flu

<p>Prevention</p>	<p>Stay home when you are ill.</p> <p>Stay six feet away from sick people.</p> <p>Wash hands often. Use hand sanitizers.</p> <p>Sneeze into arm or tissue.</p> <p>Avoid touching your eyes, nose and mouth.</p> <p>Normal cleaning with household disinfectants.</p>	<p>Stay home when you are ill.</p> <p>Stay six feet away from sick people.</p> <p>Wash hands often. Use hand sanitizers.</p> <p>Sneeze into arm or tissue.</p> <p>Avoid touching your eyes, nose and mouth.</p> <p>Normal cleaning with household disinfectants.</p>
<p>Symptoms</p>	<p>Fever of 100° or greater AND</p> <ul style="list-style-type: none"> • Cough • Sore throat • Body aches • Headache • Chills • Fatigue • Possible diarrhea and vomiting 	<p>Fever of 100° or greater AND</p> <ul style="list-style-type: none"> • Cough • Sore throat • Body aches • Headache • Chills • Fatigue • Possible diarrhea and vomiting
<p>Groups at Risk of Complications of the Flu</p>	<p>Pregnant women</p> <p>Anyone under 65 years old with a weakened immune system (including children under 5 years of age) or long term medical condition.</p>	<p>Pregnant women</p> <p>Anyone under 50 years old with a weakened immune system or long term medical condition.</p> <p>Anyone 50 years of age and older.</p>
<p>Groups more likely to get the flu or to spread it to the groups at risk</p>	<p>Household contacts and caregivers for infants six months old and younger.</p> <p>Health Care workers (including hospital staff, clinical staff, Emergency Medical Services Technicians, firefighters and law enforcement officers).</p> <p>Young people under 25 years of age.</p>	<p>Caregivers for infants six months old and younger.</p> <p>Health Care workers.</p> <p>Household contacts of persons at risk for complications from the flu.</p> <p>Children under 19 years of age.</p>
<p>Vaccinations</p>	<p>Anyone in the above groups (people who are at risk for complications from H1N1 or people who are more likely to get or spread the flu to the groups at risk) should be vaccinated. Those in groups at highest risk will be vaccinated first.</p>	<p>Anyone who wants to be protected against seasonal flu this flu season.</p>