

Be Aware. Get Prepared. Take Action. **HELP FIGHT SEASONAL AND NOVEL H1N1 FLU**



What's New About Flu?

Flu, or influenza, is a virus that spreads easily from person-to-person through coughing and sneezing.

Seasonal Flu

Flu season in the U.S. usually occurs between October and April and causes about 36,000 deaths each year. We call this seasonal flu.

Novel H1N1: The New Flu

This past April, when our flu season should have been ending, we saw a new flu virus. Novel H1N1 Flu began spreading in the U.S. and around the world and continued through the summer months. Unlike seasonal flu, Novel H1N1 Flu has affected more people under the age of 25, and fewer people over the age of 64.

Seasonal Flu + Novel H1N1 Flu

Public Health officials think the Novel H1N1 Flu virus will continue to spread throughout the fall and winter with regular seasonal flu viruses. This could lead to more illnesses and deaths from flu.

What Public Health Is Doing

To prevent and control the spread of Seasonal Flu and Novel H1N1 Flu, the Cook County Department of Public Health (CCDPH) is working with state and federal public health agencies to track flu activity, distribute flu vaccine as needed, and keep the public informed. Hospitals, schools, businesses and municipal governments are key partners in this effort.

What Individuals and Families Can Do

We need your help to keep flu germs from spreading. Here's how. **Be Aware, Get Prepared and Take Action.**

BE AWARE

Stay Informed.

Information may change as flu season progresses. Stay up to date on the latest information about flu.

- Visit our website at www.cookcountypublichealth.org.
- Email BeAware@ccdph.net.
- Call the H1N1 Hotline at 708-492-2828.

GET PREPARED

Get vaccinated for Seasonal Flu.

Everyone is encouraged to get a seasonal flu shot as soon as possible. Check with your healthcare provider or CCDPH to find out when and where to go for the seasonal flu shot.

Find out who should get the Novel H1N1 Flu vaccine.

The Novel H1N1 vaccine is currently being made and expected this fall. At this time, Public Health has recommended the following groups receive the Novel H1N1 Flu vaccine.

- Pregnant women
- Persons who live with or provide care for infants aged <6 months (e.g., parents, grandparents, guardians, siblings and daycare providers)
- Healthcare and emergency medical services personnel
- Persons aged 6 months–24 years
- Persons aged 25–64 years with chronic medical conditions

Recommendations may change. Check with your healthcare provider or CCDPH to find out if you or a family member should get the Novel H1N1 Flu vaccine.

Stock up on supplies.

Stock up on supplies that would be helpful to have if you or a family member becomes sick. These might include: food, hand sanitizer, a thermometer, and medicine to reduce fever.

**Cook County
Department of Public Health**

Cook County Health and Hospitals System



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President
Cook County Board of Commissioners

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BE AWARE. GET PREPARED. TAKE ACTION.



If you have flu symptoms...

- Stay home if you have a 100°F fever or higher AND any of the following: cough, sore throat, stuffy/runny nose, or diarrhea/vomiting.
- Keep your distance from others as much as possible until you are well.
- Drink plenty of fluids to prevent dehydration.
- Get enough sleep. Rest.

When a household member is sick...

- Avoid sharing personal items such as computers, pens, eating utensils, drinks, food, blankets or sheets.
- Keep your distance to avoid germs.
- Wash hands often; especially before and after caring for a sick person.
- Disinfect doorknobs, light switches, handles and other commonly touched surfaces at home and work.

TAKE ACTION.

There are things you can do right now to help prevent and control the spread of flu germs.

1. Avoid close contact with people who are sick.
2. Stay home from work, school and errands when you are sick. Keep sick children home.
3. Cover your mouth and nose with a tissue, elbow or upper arm when you cough and sneeze.
4. Wash your hands often with soap and water. See steps below.
5. Avoid touching your eyes, nose or mouth.
6. Practice good health habits.

Hand-Washing Steps

Wash with soap and warm water for 20 seconds. Kids: Sing the *Happy Birthday* song!

1. Scrub all surfaces well; even under fingernails.
2. Rinse hands under running water.
3. Use a towel to turn off faucet after hands are clean.

Use an alcohol-based hand sanitizer when you cannot wash your hands.

For more information, please call 708-492-2828 or visit our website at www.cookcountypublichealth.org.

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