

# H1N1 vs. Seasonal Flu-What You Need To Know



**Public Health**  
Prevent. Promote. Protect.

## SEASONAL FLU

### DON'T WAIT...VACCINATE

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

**YES.** Regardless of how early individuals receive their seasonal flu vaccination, they will have protection from seasonal flu throughout the duration of the flu season. Vaccination can begin as soon as vaccine is available, in late August or September.

The goal for individuals, especially those at high risk of developing complications from influenza, is to receive a seasonal flu vaccination before influenza activity is taking place in the community.

Despite all of the news about H1N1 flu, it is still important for people – especially the elderly and other high-risk groups – to receive the seasonal flu vaccine, which will be available much earlier this year.

#### **Will the seasonal flu vaccination protect me from the H1N1 Influenza A Pandemic strain of flu?**

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

## H1N1 FLU

### IS THIS VACCINE FOR YOU?

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#### **Who should get this new flu vaccine?**

Eventually everyone, but initially, the vaccine will be made available to individuals in the following federally-identified priority groups, These groups were identified based on was most a risk for severe illness from the H1N1 virus:

- Pregnant women
- Household contacts and caregivers of infants younger than 6 months of age
- All children and young adults ages 6 months through 24 years
- Healthcare personnel
- People aged 25-64 years with high-risk medical conditions

## WHAT CAN I DO ABOUT THE FLU?

### REDUCING THE SPREAD

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As with any influenza virus, individuals are encouraged to take the following steps to reduce spread:

Wash your hands thoroughly with soap and warm water or use an alcohol-based hand sanitizer to get rid of most germs and avoid touching your eyes, nose and mouth.

Stay home when you are sick to avoid spreading illness to co-workers and friends.

Cough or sneeze into your elbow or a tissue and properly dispose of used tissues.

Stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise.

Stay informed and stay aware. Check our website at: <http://www.independencemo.org/Health> or give us a call Monday-Friday, 8 a.m.-5p.m. at (816) 325-7185.

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