

# HEALTH BULLETIN

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## H1N1 and SEASONAL INFLUENZA

You need TWO types of flu shots this year:



1. Seasonal flu shot available now, AND
2. H1N1 flu shot available in October 2009

Both seasonal flu and H1N1 flu are spread in the same way and cause similar symptoms. These symptoms usually appear from 2 to 7 days after close contact with an infected person. These symptoms may include:

- Fever
- Chills
- Sore throat
- Extreme tiredness
- Cough
- Headache
- Bodyaches
- Runny or stuffy nose

Some people have reported diarrhea, vomiting, pneumonia and death with the H1N1 flu infection. Young children may not have typical symptoms, but may have difficulty in breathing and low activity.

Children and young adults between the ages of 6 months and 24 years, pregnant women, individuals between the ages of 25 and 64 with chronic health conditions (such as asthma, diabetes, heart disease, kidney disease) or compromised immune systems (such as HIV infection), and individuals of any age who take care of infants under 6 months are especially at higher risk for H1N1 flu and need these two flu shots. The seasonal flu shot is different from the H1N1 flu shot, you need both.

Most people who get H1N1 flu recover fully within 1-2 weeks. Both seasonal flu and H1N1 flu viruses are sensitive to antiviral drugs that can be used to treat when needed. For more information, please visit: [www.flu.gov](http://www.flu.gov)  
[www.azdhs.gov](http://www.azdhs.gov)

In April 2009, a completely different flu virus suddenly began to spread through the population. This virus was known as the H1N1 flu (swine flu) virus. It causes an illness similar to the seasonal flu. The H1N1 flu spread throughout the summer and as the fall season progresses, both the seasonal flu and H1N1 flu will continue to spread through the population.

**DECREASE YOUR CHANCES**

Wash hands frequently with soap and running water or alcohol based hand cleaners.



Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.



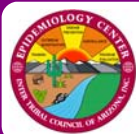
Avoid touching your eyes, nose or mouth. Germs spread this way.

Try to avoid close contact with sick people.

Do not shake hands if you are sick.

If you get sick with the flu, stay home from work or school and other public places until you are well.

Other good health habits that help prevent illness include: getting plenty of sleep, being physically active, managing stress, drinking plenty of fluids, and eating nutritious food.



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