



# FLU COMPARISON

	H1N1 FLU	SEASONAL FLU
<b>What is it?</b>	2009 novel H1N1 influenza is a respiratory illness caused by a brand new Type A influenza virus formed from swine flu, avian flu and human flu viruses.	Seasonal flu is a respiratory illness caused by a virus. Seasonal flu hits the U.S. every year, usually beginning in October and extending through April or May.
<b>Is it contagious?</b>	Yes. It can be spread from one day before a person develops symptoms to up to seven days after their symptoms start. Children can spread the virus to others even longer.	Yes. It can be spread from one day before a person develops symptoms to up to seven days after their symptoms start. Children can spread the virus to others even longer.
<b>How does it spread?</b>	H1N1 is spread through respiratory droplets when a person coughs or sneezes. Other people may breathe them in, or the droplets may land on a surface where they can be picked up by someone's hands and infect them as long as eight hours later.	Seasonal flu is spread through respiratory droplets when a person coughs or sneezes. Other people may breathe them in, or the droplets may land on a surface where they can be picked up by someone's hands and infect them as long as eight hours later.
<b>Who is most at risk?</b>	Children, pregnant women and people with chronic health conditions (asthma, diabetes, heart and lung disease) are most at risk for infection and severe illness from H1N1 influenza.	Senior adults, young children, pregnant women and people with chronic health conditions (asthma, diabetes, heart and lung disease) are most at risk for serious complications from seasonal influenza.
<b>How many people get sick from it?</b>	The Centers for Disease Control and Prevention (CDC) estimates that at least a million people in the U.S. have had H1N1 since April 2009. However, it is impossible to know exactly, since laboratory testing is not being done on every person with flu-like illness.	Each year in the U.S., about 5% to 20% of the population (about 15-60 million Americans) gets seasonal flu. More than 200,000 people are hospitalized from flu-related complications. Every year, approximately 36,000 people die of flu-related causes.
<b>What are the symptoms?</b>	Symptoms of H1N1 include a fever of 100°F or more, cough, sore throat, body aches, headache, chills, tiredness and runny or stuffy nose. Some people have also had diarrhea and vomiting.	Symptoms of seasonal flu include a fever of 100°F or more, cough, sore throat, body aches, headache, chills, tiredness and runny or stuffy nose.
<b>Is anyone immune?</b>	Most people have no immunity to a new virus. Studies have shown that senior adults born before 1957 appear to have some limited immunity to H1N1.	Flu viruses change each year, so while people may have some immunity, an annual seasonal flu shot is the best way to ensure protection.
<b>What should I do if I have it?</b>	If you are an otherwise healthy adult, go home and rest. Drink plenty of liquids, monitor your fever and stay home until you have not had a fever for at least 24 hours, without the use of fever-reducing medication. Anti-viral medication can shorten the duration and lessen the severity of symptoms – it must be prescribed by a health care provider. Priority for anti-virals is given to people who are hospitalized with influenza, and people at increased risk of influenza-related complications.	If you are an otherwise healthy adult, go home and rest. Drink plenty of liquids, monitor your fever and stay home until you have not had a fever for at least 24 hours, without the use of fever-reducing medication. Anti-viral medication can shorten the duration and lessen the severity of symptoms – it must be prescribed by a health care provider. Priority for anti-virals is given to people who are hospitalized with influenza, and people at increased risk of influenza-related complications.
<b>Is vaccine available?</b>	A vaccine for H1N1 is being released in mid- to late October 2009.	Seasonal flu vaccine is produced each year and is usually available locally in September.



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<p><b>Who should be vaccinated?</b></p>	<p>The CDC recommends vaccination of the following priority groups:</p> <ul style="list-style-type: none"> <li>• Pregnant women</li> <li>• People who live with or care for infants younger than 6 months of age</li> <li>• Health care and emergency medical service workers</li> <li>• Anyone from 6 months through 24 years of age</li> <li>• Anyone from 25 through 64 years of age with certain chronic medical conditions or a weakened immune system.</li> <li>• Oregon includes the following priority groups: state and local law enforcement officers who have recurring physical contact with the public, guards in state prisons and local jails, and Active duty National Guard.</li> </ul> <p>Once the demand for vaccine for these target groups has been met, providers will begin vaccinating healthy persons 25 through 64 years of age. When demand for vaccine for this second population is met, providers will vaccinate persons 65 years of age and older.</p>	<ul style="list-style-type: none"> <li>• All children <b>6 months through 18 years</b> of age.</li> <li>• Anyone <b>50 years of age or older</b>.</li> <li>• Women who will be <b>pregnant</b> during flu season.</li> <li>• Anyone with <b>long-term health problems</b>: heart disease, kidney disease, liver disease, lung disease, metabolic disease (such as diabetes, asthma, anemia, and other blood disorders).</li> <li>• Anyone with a <b>weakened immune system</b> due to HIV/AIDS or other diseases affecting the immune system, long-term treatment with drugs such as steroids, cancer treatment with x-rays or drugs.</li> <li>• Anyone with certain <b>muscle or nerve disorders</b> (such as seizure disorders or cerebral palsy) that can lead to breathing or swallowing problems.</li> <li>• Anyone 6 months through 18 years of age on <b>long-term aspirin treatment</b> (they could develop Reye Syndrome if they got influenza).</li> <li>• <b>Residents of nursing homes</b> and other <b>chronic-care facilities</b>.</li> <li>• <b>Health care providers</b>.</li> <li>• <b>Household contacts and caregivers of children</b> from birth up to 5 years of age.</li> <li>• <b>Household contacts and caregivers</b> of people 50 years and older, or anyone with medical conditions that put them at higher risk for severe complications from influenza.</li> <li>• People who provide <b>essential community services</b>.</li> <li>• People living in <b>dormitories, correctional facilities</b>, or under other <b>crowded conditions</b>.</li> <li>• People at high risk of influenza complications who <b>travel</b> to the Southern hemisphere between April and September, or to the tropics or in organized tourist groups at any time.</li> </ul>
<p><b>Besides getting a vaccination, are there other ways I can protect myself?</b></p>	<p>Vaccination is the best way to protect yourself, but you can also use proven disease prevention methods like frequent handwashing with soap and water, keeping a distance of at least six feet from people who are sick and not touching your eyes, nose and mouth.</p>	<p>Vaccination is the best way to protect yourself, but you can also use proven disease prevention methods like frequent handwashing with soap and water, keeping a distance of at least six feet from people who are sick and not touching your eyes, nose and mouth.</p>
<p><b>Where can I get more information?</b></p>	<ul style="list-style-type: none"> <li>• <b>Oregon Flu Hotline</b> 1-800-978-3040 Call toll-free for information about the flu.</li> <li>• <b>Oregon SAFENET</b> 1-800-SAFENET (1-800-723-3638) or <a href="http://www.oregonsafenet.org">www.oregonsafenet.org</a> Call or visit the web to find flu vaccine in your area.</li> <li>• <b>Oregon Flu</b> <a href="http://www.flu.oregon.gov">www.flu.oregon.gov</a> Visit the web to find information about H1N1 and seasonal flu.</li> <li>• <b>Douglas County Health Department Flu Information Line</b> 1-541-440-3500 or 1-800-234-0985 Call to hear a recording about local flu clinics.</li> <li>• <b>Douglas County Health Department</b> website <a href="http://www.co.douglas.or.us/health">www.co.douglas.or.us/health</a> Visit the web for news releases and local immunization clinic schedules.</li> </ul>	