

# Basics for Flu Prevention

## Get Vaccinated

**Vaccination is the best protection against contracting the flu.**



**You need two vaccines to be fully protected this year.** The seasonal flu vaccine and the H1N1 (Swine) flu vaccine are separate vaccinations. A seasonal vaccine is distributed routinely every year, the H1N1 (Swine) flu vaccine is in development for the fall of 2009.

The seasonal vaccine is not expected to protect against the H1N1 (Swine) flu and the H1N1 (Swine) flu vaccine is not intended to replace the seasonal flu vaccine. Each protects against a different virus and is intended to be used along-side the other. **Get both!**

## Practice Good Hygiene

Take common-sense steps to limit the spread of germs. Make good hygiene a habit.

- **Wash hands frequently with soap and water.**
- **Cover your mouth and nose with a tissue when you cough or sneeze.**
- **Cough or sneeze into your upper sleeve if you don't have a tissue.**
- **Put used tissues in a waste basket.**

**Clean your hands after coughing or sneezing. Use soap and water or an alcohol-based hand cleaner**



## If you are diagnosed with the flu

- **Stay home**, follow your doctor's orders, and watch for signs that you need immediate medical attention. Remain at home for 7 days after your symptoms begin or until you have been symptom-free (no fever) for 24 hours, whichever is longer.
- **Avoid close contact with others**, especially those who might easily get the flu, such as people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, young children, and infants.

**Wear a [facemask](#)** – if available and tolerable – when sharing common spaces with other household members to help prevent spreading the virus to others. This is especially important if other household members are at high risk for complications from influenza.

- **Get plenty of rest.**
- **Drink clear fluids** such as water, broth, sports drinks, or electrolyte beverages made for infants to prevent becoming dehydrated.
- **Cover coughs and sneezes.**
- **Clean hands with soap and water** or an alcohol-based hand rub often, especially after using tissues and after coughing or sneezing into your hands.

**Talk to your doctor about the prescription antivirals**, Oseltamivir (TAMIFLU®) and Zanamivir (RELENZA®)

Sources and for more info. VISIT:

**Flu.gov and**  
**<http://www.aafcs.org/H1N1.html>**

-or-  
contact the Johnson County Extension  
Office at 789-8108.