

Comparison of Seasonal and H1N1 Flu

	Seasonal Flu 	H1N1 Flu 
What are the symptoms?	<p>Seasonal flu and H1N1 are both influenza viruses that can cause mild to severe illness. The symptoms for both seasonal flu and H1N1 are the same:</p> <ul style="list-style-type: none"> • fever (often high) • headache • extreme tiredness • dry cough • sore throat • runny or stuffy nose • muscle aches • Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults. 	
Who should get vaccinated?	<p>People who should get a seasonal flu vaccination each year include:</p> <ul style="list-style-type: none"> • Children ages 6 months through 18 years of age • Pregnant women • People 50 years of age and older • People of any age with certain chronic medical conditions • People who live in nursing homes and other long-term care facilities • People who live with or care for those at high risk for complications from flu, including: <ul style="list-style-type: none"> • Health care workers • Household contacts of persons at high risk for complications from the flu 	<p>Initially the vaccine will be made available to individuals in the following federally-identified priority groups:</p> <ul style="list-style-type: none"> • 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 and emergency medical services (EMS) personnel • People aged 25-64 years with certain high-risk medical conditions



	<ul style="list-style-type: none"> • Household contacts and caregivers of infants younger than 6 months of age • Anyone that wants to reduce their chance of getting seasonal flu 	<p>The priority groups were identified based on who is most at risk for severe illness from the H1N1 virus.</p> <ul style="list-style-type: none"> • Eventually anyone that wants to reduce their chance of getting H1N1 influenza should get vaccinated once vaccine supplies are sufficient
<p>How many vaccines do I need?</p>	<ul style="list-style-type: none"> • Persons 9 years of age and older will only need one dose of vaccine. • Children 6 months through 8 years of age getting flu vaccine for the first time will need two doses of vaccine the first year they are vaccinated. If possible, the first dose should be given as soon as vaccine becomes available. The second dose should be given 28 or more days after the first dose. • Infants younger than 6 months of age are too young to get the seasonal flu vaccine. 	<ul style="list-style-type: none"> • Persons 10 years of age and older will only need one dose of 2009 H1N1 flu vaccine, according to the U.S. Food and Drug Administration (FDA). • Children 6 months through 9 years of age will need two doses of vaccine, according to the FDA at this time. Current projections are that the second dose should be given 21 or more days after the first dose. • Infants younger than 6 months of age are too young to get the 2009 H1N1 flu vaccine.
<p>How can I prevent the influenza viruses?</p>	<ul style="list-style-type: none"> • 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. 	

