

Flu Facts

- Two strains of flu, regular flu and the H1N1 (swine) flu, are currently circulating in the United States.
- Flu viruses spread mainly from person to person through coughing or sneezing.
- People can also become infected by touching something with flu viruses on it and then touching their mouth or nose. Flu germs can live up to 8 hours on objects.
- Flu symptoms include fever, cough, sore throat, runny or stuffy nose, headache, body aches, chills and fatigue.
- With H1N1 flu infection, vomiting and diarrhea may also occur.
- Vaccines are one of the best tools we have to prevent the flu. Talk to your doctor about getting vaccinated.
- If flu vaccine is not available, remember that frequent hand washing is a simple and easy thing to do to avoid the flu.

Who should get the vaccines?

- Anyone six months and older who does not have a medical reason, such as severe egg allergy, to avoid the vaccine.
- Talk with your doctor to find out which type of flu vaccines – nasal spray or shot – are right for you.

Helpful phone numbers

New York State H1N1 Flu Hotline:
1-800-808-1987

Westchester County Health Dept. Information Line:
914-813-5000

Visit www.westchestergov.com/health
for more information about flu.

Know what to do about the Flu



Don't get the Flu



- Wash your hands after using the restroom, before and after eating, after touching objects that people have touched and after shaking hands. Be sure to wash for at least 20 seconds (sing the Happy Birthday song twice).
- Use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid close contact with sick people.
- Clean shared surfaces like door knobs, phones and computer keyboards as often as people touch them.
- Don't touch your eyes, nose or mouth unless you must - germs spread this way.
- Ask your doctor which flu shots are right for you.

Got the Flu?



- Stay home if you have flu symptoms - fever, cough, sore throat, runny or stuffy nose or aches.
- Drink lots of fluids and get plenty of rest.
- Most people recover from the flu on their own without medical treatment.
- If you are at risk for complications, call your doctor to find out if you need medicine.
- If you have severe difficulty breathing, or other signs of severe illness, go to a hospital right away.

Don't spread the Flu



- Cough or sneeze into your sleeve.
- Wash your hands after using the restroom, before and after eating, after touching objects that people have touched, and always after shaking hands.
- Stay home if you are sick.
- Washing hands frequently is an easy way to avoid the flu.