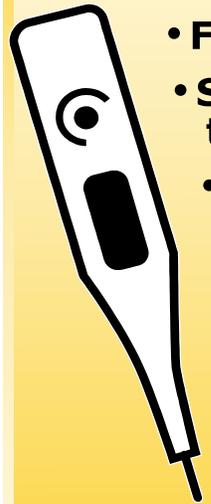


H1N1 FLU

KNOW THE FACTS

TAKE ACTION! LEARN TO PROTECT YOURSELF

Symptoms:



- Fever
- Sore throat
- Cough
- Extreme Fatigue
- Runny nose
- Muscle aches



Who should get the Novel H1N1 flu vaccine?

High risk groups are:

- Children 6 months to 24 years of age
- Women who are pregnant
- People with chronic diseases such as diabetes or asthma
- People living in nursing or long-term care homes
- People living with anyone in a high risk group
- Health care providers

Precautions everyone can take to prevent the spread of the Flu



ROLL UP YOUR SLEEVE

AND GET VACCINATED

Get vaccinated against the FLU! Vaccine is very important to people in high-risk groups. Contact your doctor or local health center about vaccine availability.



WET SOAP SCRUB RINSE

Wash your hands regularly to diminish virus transmission. Use warm soapy water or alcohol based hand sanitizers.



Be considerate. Cover your mouth and nose with a tissue when you sneeze or cough into your shirt sleeve. If you or your child become ill, stay home, until feeling better, and avoid spreading the illness to others.

For the latest H1N1 Vaccine information call toll-free 1-888-416-1463



DEPARTMENT OF HEALTH & WELLNESS

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