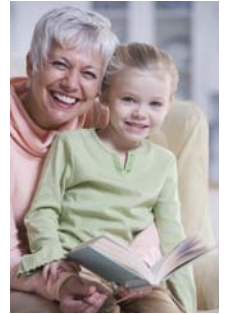


Seasonal and H1N1 Flu Tips: What Older Adults Should Know

The H1N1 influenza (flu) virus, formerly known as Swine Flu, is currently causing illness in people throughout the United States and countries around the world, causing the World Health Organization to declare a pandemic. The following information was obtained from the Centers for Disease Control and Prevention (CDC). We encourage you to keep up-to-date by visiting www.cdc.gov. The following information can be used for seasonal flu and H1N1 flu.

- Older adults are not currently in the priority populations for H1N1 vaccine. Pregnant women and children are.
- The risk for infection from H1N1 among persons 65 years of age and older is *less* than the risk for younger age groups.
- A study reported by the CDC suggests that older adults might have some *pre-existing* antibodies against this new H1N1 strain.
- Individuals 65 years of age and older are encouraged to get a *seasonal* flu shot.



PROTECT YOURSELF, YOUR FAMILY, AND YOUR COMMUNITY EVERY FLU SEASON – THERE IS A LOT YOU CAN DO TO PREVENT FLU!!

Stay informed – www.cdc.gov or www.medinahhealth.org. Tip sheets on caring for someone at home, what to do if you get sick, and preparedness checklists are available. Call the Medina County Health Department's Division of Health Promotion to request copies to be mailed to you.

- Cover your nose and mouth when you cough or sneeze – use your sleeve or tissue.
- Wash your hands frequently with soap and water, especially after possible exposure to the flu virus, and after coughing or sneezing into a tissue. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, and mouth – germs spread this way.
- Get prepared – have an emergency preparedness kit and plan at home.
- Get your seasonal flu shot. Contact the Medina County Health Department, Division of Public Health Nursing, for more details, or check our website for the latest flu clinic schedule.



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