

SAY NO 2



Protect yourself and your family against 2 types of flu.

Pandemic Flu H1N1

Wash hands often

Cover coughs and sneezes

Stay home when sick

Get flu vaccinations

Seasonal Flu

For more information call 1-888-993-3003 or visit www.fcdph.org/flu1n1



Department of Public Health
www.fcdph.org



Fresno State Student Health Center
www.csufresno.edu/health

2 Vaccines for 2 Types of Flu

PANDEMIC FLU H1N1: those most at risk who need to get vaccinated are:

- Pregnant women
- Children and young adults - 6 months through 24 years of age
- Household contacts of infants 6 months of age or younger
- Adults with chronic health conditions

SEASONAL FLU: those most at risk who need to get vaccinated are:

- Children - 6 months through 18 years
- Adults Get a Seasonal Flu vaccine as early as
- Seniors September this year.



CALL YOUR HEALTH CARE PROVIDER for Pandemic Flu H1N1 and Seasonal Flu vaccine information

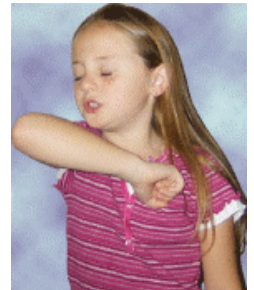
Signs & Symptoms

Symptoms of **Pandemic Flu H1N1** are similar to symptoms of **Seasonal Flu**

- Fever
- Cough
- Headache
- Fatigue
- Sore throat
- Body aches
- Nausea
- Vomiting
- Diarrhea

If symptoms persist or get worse, seek medical attention

Prevention for 2 Types of Flu



- Cover coughs and sneezes with a tissue or the corner of the elbow. Throw tissue away after each use.
- Wash hands often with soap and water. Alcohol-based hand cleaners are also effective.
- Stay home when sick and keep sick children home from school.
- Avoid close contact with others who are sick.