

Healthy Adults and Seniors

The older a person is, the less likely they are to get H1N1/Swine Flu, but it can still happen. For healthy adults, it can mean loss of time at work or the chance of spreading disease to others. Seniors who get H1N1/Swine Flu are at increased risk of complications, including pneumonias and hospitalization. Healthy adults and seniors are encouraged to reduce these risks by getting vaccinated, too.

Vaccine Safety

The H1N1 Flu Vaccine is made just like seasonal flu vaccine, a vaccine safely used for years in hundreds of millions of people. H1N1 Flu Vaccine studies and experience all show H1N1 Flu Vaccine to be equally safe to seasonal flu vaccine – just what you would expect since it's made the same way.

The H1N1 Flu Vaccine comes in the same types as seasonal flu vaccine – a shot and a nasal spray. Know the following facts:

- *The shot and the nasal spray are similar in terms of safety.*
- *The shot can be given to anyone ages 6 months and above; the nasal spray to healthy persons ages 2 through 49 who are not pregnant.*
- *Neither the shot nor the nasal spray can give you or anyone around you the flu.*
- *Children age 9 and under need two doses of H1N1 vaccine, usually a month apart.*
- *The shot's most common side effect is a sore arm for a few days.*
- *The nasal spray's most common side effect is a stuffy nose for a few days.*

Information concerning the H1N1/Swine Flu and vaccination changes. For more detailed and up-to-date information, visit www.wvflu.org, where you will find:

- **Important information for at-risk groups**
- **Answers to frequently asked questions**
- **Links to information from the Centers for Disease Control**
- **Updates on vaccine availability**



Local Health Dept. Information

Joe Manchin III, Governor
State of West Virginia

Get the *Facts* –
Protect *Your Family*.
Protect *Yourself*.



Cathy Slep, M.D.
State Health Officer
Leading the Fight Against
H1N1/Swine Flu

H1N1
SWINE FLU



West Virginia Department of Health and Human Resources

Vaccination is the best prevention.



H1N1 vaccine provides the best protection against H1N1/Swine Flu and its complications. Vaccine is now available to anyone who wants to reduce their risk. Everyone is encouraged to get vaccinated. Vaccination is especially important for people at highest risk, including:

- **Anyone 6 months to 24 years**
- **Pregnant women**
- **Individuals 25 – 64 years with underlying health issues**
- **People who live with or care for infants less than 6 months**
- **Healthcare workers**

Get vaccinated through your local health department, participating provider office or pharmacy. Find out more at www.wvflu.org.

Other things to do to prevent flu:

- *Wash your hands frequently or use hand sanitizer.*
- *Cough or sneeze into a tissue and dispose of it immediately. Cough or sneeze into your elbow or shoulder if tissues aren't available.*
- *Avoid touching your mouth, eyes and nose.*
- *Stay home if you feel ill (at least 24 hours after your fever is gone).*

Children, pregnant women and people with chronic disease are most at risk.

Children

Children are the most likely to get and to spread H1N1/Swine Flu. Everyone from 6 months to 18 years is a priority for H1N1 vaccine. Vaccine is very important for children at higher risk of serious flu complications. This includes children less than 5 (especially less than 2) and any child with asthma; heart, lung, nervous system, kidney or liver disease; diabetes; developmental problems; or a weakened immune system.

Young adults age 19-24 years

Vaccine prevents disease in young adults and prevents complications. Young adults are at increased risk of getting H1N1 flu. In colleges, universities and social settings, it can easily spread.

Pregnant women

It is highly recommend that any pregnant woman get the H1N1 vaccine. H1N1/Swine Flu can cause early labor, fetal loss, severe pneumonia or even death during pregnancy and up to two weeks afterwards. Vaccinating the pregnant woman protects the baby too, up to age six months!



Infant caregivers

Infants under 6 months are at increased risk of flu complications, but can't be vaccinated. To keep the baby from getting flu, make sure the people around the baby are vaccinated.



People 25 – 64 with chronic diseases

Death from H1N1/Swine Flu is rare but is most common in this group. Vaccination prevents hospitalization and death from H1N1/Swine Flu. People with asthma; heart, nervous system, lung, liver or kidney disease; or diabetes should get H1N1 vaccine. People with weakened immune systems (such as from HIV or from medications like prednisone or chemotherapy) are also at higher risk and should be vaccinated.

Health care workers

Health care workers are exposed to and care for lots of sick people. Anyone who regularly provides patient care should be vaccinated – to protect themselves and the patients they serve.

For more information, visit www.wvflu.org