

SAY NO 2



Protect yourself and your family against 2 types of flu.

Pandemic Flu H1N1	Wash hands often	Seasonal Flu
	Cover coughs and sneezes	
	Stay home when sick	
	Get flu vaccinations	

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



Department of Public Health
www.fcdph.org



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
- Seniors



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.**

TXWV 2 YAM KHAUB THUAS



**Tiv thaiv koj tus kheej
thiab koj tsev neeg
kom txhob tau 2 yam
khaub thuas**

Khaub thuas H1N1

Nquag ntxuav tes

**Npog ncauj thaum
hnoos thiab txham**

**Thaum mob lawm,
nyob hauv tsev**

Txhaj tshuaj tiv thaiv

Khaub thuas ntuj no

**Xav paub ntxiv, hu rau
1-888-993-3003 los yog mus saib
www.fcdph.org/fluh1n1**



**Tuam Tsev Saib Kev noj qab
nyob Zoo
www.fcdph.org**



2 Yam tshuaj tiv thaiv 2 Yam khaub thuas

KHAUB THUAS H1N1: Cov tsim nyog
yuav tau txhaj tshuaj tiv thaiv yog:

- Cov pojniam cev tsis tab seeb
- Cov me nyuam yau thiab cov hluas - hnub
nyoog 6 hli mus txog 24 xyoos
- Cov neeg uas nyob nrog tus me nyuam
mos tshaj 6 hli rov haud
- Cov neeg uas muaj lwm hom mob lawm.

KHAUB THUAS CAIJ NTUJ NO: Cov tsim
nyog yuav tau txhaj tshuaj tiv thaiv yog:

- Me nyuam - 6 hli txog 18 xyoo
- Cov tiav neeg
- Cov Laus



**HU KOJ TUS KWS KHO MOB
nug txog kev txhaj tshuaj tiv thaiv
Khaub thuas H1N1 thiab
Khaub thuas lub caij ntuj no**

Cwjpwm mob khaub thuas

**Cwjpwm mob ntawm tus khaub thuas H1N1
zoo ib yam li tus cwjpwm mob ntawm tus
khaub thuas thaum lub caij ntuj no thiab**

- Kub cev
- Hnoos
- Dias taub hau
- Qaug zog
- Mob qa
- Mob ib ce
- Xeev siab
- Ntuav
- Zawv plab

**Yog mob sij tsis zoo los yog mob huam tuaj,
mus ntsib kws kho mob tam sim.**

**Tiv Thaiv
Kom
2 Yam Khaub
Thuas Tsis
Txhob Kis**



• **Siv ntawv los yog koj lub lauj tshib
npog qhov ncauj thaum hnoos thiab
txham. Muab tej ntawv uas siv tag
lawm pov tseg.**

• **Nquag siv dej thiab xuj npus ntxuav
tes. Siv cov tshuaj ntxuav tes uas
muaj cawv 90 nyob haud los tau.**

• **Yog mob lawm, nyob hauv tsev thiab
tsis txhob mus kawm ntawv.**

• **Tsis txhob nrog tus muaj mob ua ke.**