

Health Bulletin

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

#75 in a series of Health Bulletins on issues of pressing interest to all New Yorkers

Prevent Influenza Get Vaccinated!

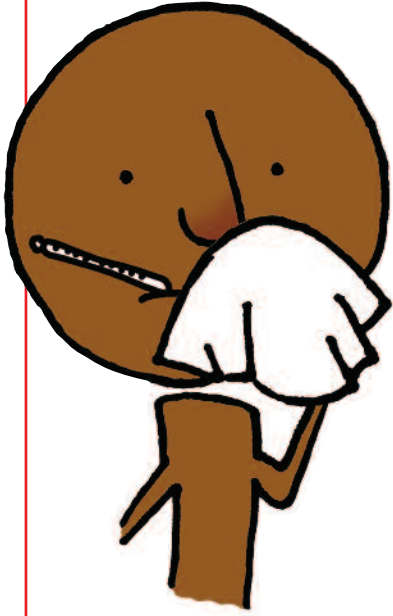


To find out where, go to nyc.gov/flu or call 311



• Available in Spanish, Chinese and other languages: call 311 or visit nyc.gov/health
• Disponible en español: llame al 311 o visite nyc.gov/health
• 需要中文服務 - 可電 311 或造訪網址: nyc.gov/health





Prevent influenza.

Influenza (flu) is a respiratory (lung) infection that causes fever and a cough or sore throat.

Seasonal influenza

- Seasonal flu is most common during the fall and winter months.
 - Every year, more than 2,000 New Yorkers die of seasonal influenza and pneumonia, which can develop as a complication of flu.
 - Vaccination is the best way to protect against seasonal flu. Flu vaccine can be given in a shot (needle injection), or in a nasal spray called FluMist (for healthy people aged 2 to 49). Your doctor can tell you what is right for you.
- Seasonal flu vaccinations are available from September through June. The sooner you're vaccinated, the sooner you'll be protected.

H1N1 influenza

- H1N1 flu (swine flu) was first found in New York City last spring. Like seasonal flu, it causes fever and a cough or sore throat.
- For more information on H1N1 flu and who should be vaccinated, see **H1N1 Influenza: What You Need to Know**.

Get vaccinated!

Anyone who wants to avoid seasonal flu should be vaccinated.

The yearly seasonal flu vaccine is especially important for people in these groups:

- Children aged 6 months to 18 years
- Pregnant women
- Health care workers
- People aged 50 and older
- People with certain long-term health conditions that make them more likely to get very sick with the flu (**see Circle**)
- People in nursing homes and other long-term-care facilities
- People who live with or care for children under 5 years – especially infants younger than 6 months. (Babies this age can get very sick with the flu, but are too young to be vaccinated.)
- People who live with or care for people 50 or older and those with long-term health conditions (**see Circle**)

Long-Term Health Conditions That Make People More Likely to Get Very Sick With the Flu

- Diabetes
- Lung disease, including asthma
- Heart disease
- Kidney disease
- Sickle cell anemia
- Weakened immune system (such as from HIV or cancer treatment)
- Seizure, neuromuscular, and other disorders that may cause breathing problems

Where can I get a seasonal flu vaccination?

- Get your yearly flu vaccination from your family doctor or primary-care provider.
- Many pharmacies now offer seasonal flu vaccinations for adults.
- Many employers offer free or low-cost yearly vaccinations.
- People 50 and older can get free seasonal flu vaccinations at select city senior centers (call 311 to find out where).
- Seasonal flu vaccinations are available at no cost at Health Department immunization clinics, and at low or no cost at Health and Hospitals Corporation facilities.

Cover your cough and wash your hands!

To prevent the spread of flu and other infections:

- Cover your mouth and nose when you cough or sneeze. Use a tissue or the inside of your elbow – not your hand.
- Wash your hands often with soap and water, especially after you cough or sneeze. Or use an alcohol-based hand cleaner.
- Don't get too close to people who are sick. If you get sick yourself, avoid close contact with other people.



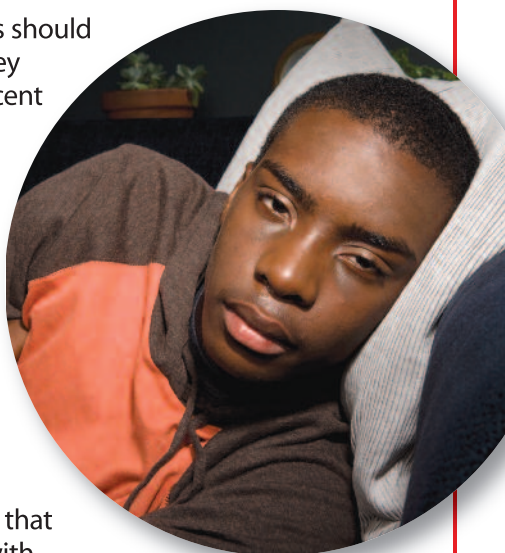
What to do if you get flu-like symptoms If you have a fever (100° F or higher) PLUS a cough or sore throat:

1. STAY HOME UNTIL YOUR FEVER IS GONE

- Most people with flu-like symptoms get better on their own, without medical treatment. **They do not need to go to the hospital.**
- Avoid close contact with other people. Cover your nose and mouth when you cough or sneeze, and wash your hands often.
- Stay home from work or school until your fever has been gone for at least 24 hours.

2. WHEN TO CALL THE DOCTOR RIGHT AWAY

- Early treatment is important for some people, because they are more likely than others to get very sick with the flu.
- People who belong to any of these groups should call their doctor right away for advice if they develop flu-like symptoms or have had recent close contact with someone with flu-like symptoms:
 - Children younger than 2 years
 - People 65 and older
 - Pregnant women
 - Women who have given birth, or had a miscarriage or abortion, in the previous 2 weeks
 - Children under age 19 on long-term aspirin therapy
 - People with long-term health conditions that make them more likely to get very sick with the flu (see Circle)



3. EMERGENCY MEDICAL CARE

Go to the hospital right away or call 911 if you have:

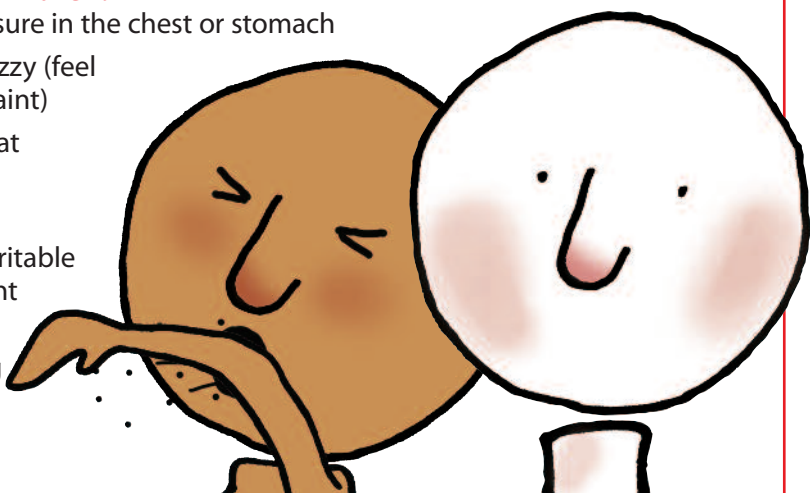
- **Trouble breathing, or**
- **Other severe symptoms, such as:**

Adults and children:

- Pain or pressure in the chest or stomach
- Suddenly dizzy (feel you might faint)
- Vomiting that won't stop

Children:

- Extremely irritable (doesn't want to be held)
- Not drinking enough fluids



H1N1 Influenza: What You Need to Know

1. What is H1N1 influenza?

Like regular, seasonal flu, H1N1 influenza (swine flu) is a respiratory (lung) infection. It causes fever and a cough or sore throat that can last a week or more. Some people also get diarrhea and vomiting. For more information, see **"What to do if you get flu-like symptoms."**

2. How serious is it?

H1N1 caused some severe illness last spring. But the great majority of infections did not cause complications or require any medical treatment.

3. Will my seasonal flu vaccination protect me against H1N1 influenza?

No. Seasonal flu vaccine will not work against H1N1 flu. To protect against *both* kinds of flu, people will need 2 different vaccinations: one for seasonal flu, and one for H1N1.

4. Who should receive H1N1 influenza vaccine?

The following people should receive H1N1 vaccine, in addition to a seasonal flu vaccination:

- Pregnant women
- People who live with or care for children younger than 6 months
- Health care and emergency medical services workers
- Children and young adults aged 6 months to 24 years
- People aged 25 to 64 years with certain long-term health conditions that make them more likely to get very sick with the flu (**see Circle**)

5. Where can I get a vaccination?

H1N1 vaccine will be available in many of the same places where people get seasonal flu vaccine. **Call 311** or visit nyc.gov/flu for information.

6. Information may change – stay tuned!

For up-to-date information about seasonal flu, H1N1 flu, and where to get a flu vaccine, including free or low-cost vaccines, **call 311** or visit these websites:

From the City of New York

www.nyc.gov/flu

From the Centers for Disease Control and Prevention

www.cdc.gov/h1n1flu/general_info.htm



**DIAL
311**

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Health and Mental Hygiene**

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**Prevent
Influenza
Get Vaccinated!**

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