H1N1 Talking Points

- Different than Seasonal Influenza
- High risk group is different: Pregnant Women, 6years – 24 year olds; those with chronic underlying diseases (asthma, diabetes, COPD)
- Symptoms are similar to Seasonal Flu:
    - Fever 100 +
    - Body Aches
    - Sore Throat
    - Cough
    - Runny or Stuffy Nose
    - Headache
    - Chills and Fatigue
    - Sometimes vomiting and diarrhea

- If you get sick with Flu like symptoms, please STAY HOME, limit contact with others.
- Drink Plenty of Fluids
- Treat Symptoms with Tylenol or Ibuprophen
- Call your Doctor if you experience difficulty breathing

Prevention: Cover Your Cough
Wash Your Hands
Stay Healthy with good nutrition, fluids, rest and exercise
Avoid Contact with sick individuals
Stock up on household, health and emergency supplies such as Tylenol
Non perishable food items, water

Antivirals MAY be appropriate if symptoms are recognized early enough; (call your doctor)

As the H1N1 vaccine becomes available to Local Public Health and local Clinics, information will be posted in numerous methods such as Public Service Announcements, Local TV stations, at the Mass Dispensing Site and on the Becker County Website under Community Health Links.

Specific Target Groups will be vaccinated on a priority status as defined by the CDC and Minnesota Department of Health