

## HELPING FIGHT THE H1N1 FLU—WE ALL HAVE A PART TO PLAY

### BOX 1: 2009 H1N1 Vaccine Target Groups

- Pregnant women
- Household contacts and caregivers for children younger than 6 months old
- Healthcare and emergency medical services personnel
- All people from 6 months through 24 years of age
- People aged 25 through 64 years with chronic health conditions (including asthma, heart disease, diabetes, HIV, and other disorders)

### SHOULD WE WORRY?

No more than anyone else, as the H1N1 flu is a respiratory illness rather than a GI illness.

### BUT WE ARE CONCERNED ABOUT OUR MEMBERS ANYWAY, SO....

#### HOW YOUR ASG CAN HELP:

- Include this information in your newsletter
- Remind members not to attend meetings if they have symptoms
- Include details about local immunization clinics, if available.
- Have tissues and hand-sanitizer available at meetings
- Invite a speaker to discuss the flu and precautions
- Read more from the US Dept of Health and Human Services at

<http://flu.gov/professional/community/cfboguidance.pdf>



### BOX 2: Practice Healthy Habits During Flu Season

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue is unavailable, cough or sneeze into your shoulder or elbow instead of your hands.
- Wash your hands often or use hand sanitizer.
- Avoid touching your eyes, nose, or mouth.
- Get the seasonal flu vaccine and/or the 2009 H1N1 flu vaccine, if recommended (see Section B for more information on vaccine recommendations).
- Try to avoid close contact with sick people.
- Keep sick children at home.
- If you have flu-like symptoms (fever with cough or sore throat), stay home for at least 24 hours after you are free of fever without the use of fever-reducing medications.