

# 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!

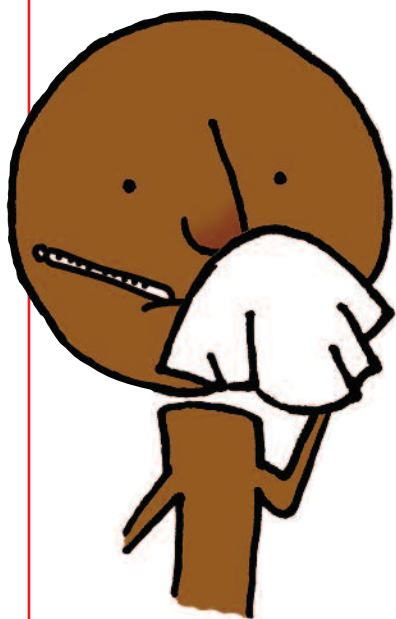


To find out where, go to [nyc.gov/flu](http://nyc.gov/flu) or call 311



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



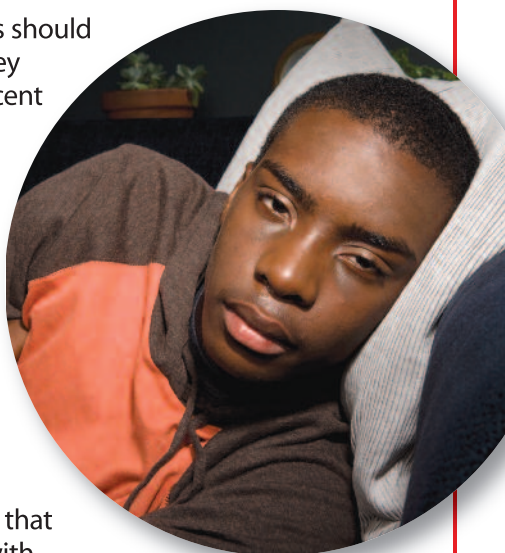
## What to do if you get flu-like symptoms If you have a fever (100° F or higher) PLUS a cough or sore throat:

### 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:**

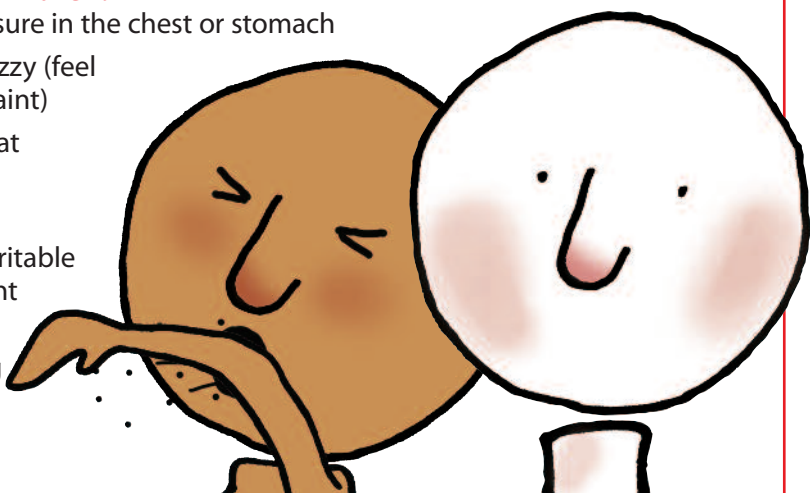
- **Trouble breathing, or**
- **Other severe symptoms, such as:**

#### **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](http://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](http://www.nyc.gov/flu)

**From the Centers for Disease Control and Prevention**

[www.cdc.gov/h1n1flu/general\\_info.htm](http://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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