

### What do I need to know about the H1N1 (swine flu) and seasonal flu vaccines?

- Seasonal influenza can remain in the area thru April and there is still some concern that a third wave of H1N1 may occur in April/May. Therefore, it is still recommended that patients get or complete vaccination for this winter.
- There is no restriction on overall supply of seasonal or H1N1 influenza vaccine we suggest contacting your physician before coming in for your vaccine.
- Looking into winter 2010-2011, the H1N1 vaccine will be incorporated into the seasonal influenza vaccine – thus for most a single influenza vaccination (1<sup>st</sup> time children under 8 years will need 2 doses). Ideal time for vaccination is late October to November.

### How soon should I get the flu vaccine?

- The best immunity is provided for the first 3-4 months after immunization, especially in the elderly and immune suppressed. The flu season in the northwest is December thru February. It is possible that another wave of the H1N1 (swine) influenza will come through Kitsap at that time. Therefore, the optimal time to get vaccinated for both seasonal and H1N1 influenza is December. If you are healthy, your antibody protection could last 10-12 months.

### How can I protect myself and family from getting the flu?

- Your best bet against becoming infected would be to follow these suggestions:
  - ✓ Eat well
  - ✓ Get enough sleep
  - ✓ Wash your hands frequently
  - ✓ Avoid people with a cough or fever

### How do I know if I have the flu?

- For both children and adults, the main symptoms are a fever (greater than 100.0 F), cough and sore throat. You or your child should stay home for at least 24 hours after your fever is gone except to get medical care

### If I have these symptoms when do I need to be seen?

- You or your child should be seen by a doctor if you develop:
  - ✓ Shortness of breath
  - ✓ Unable to keep fluids down
  - ✓ Have any underlying chronic respiratory or immune diseases including diabetes

**For more information about the flu visit the Centers for Disease Control and Prevention**  
[www.cdc.gov](http://www.cdc.gov)