



Self Care for You and Your Family

Keep these items at home in advance of an outbreak of flu in case you have to stay at home while you or a loved one are ill.

FOOD & DRINK ITEMS

- Canned or boxed Soup
- Canned Fish & Meats
- Canned Fruits & Vegetables
- Rice, Pasta, Grains & Staples (sugar, condiments)
- Canned or boxed juice & non-perishable milk
- Peanut butter & Jelly
- Bread (freeze until needed) & crackers
- Instant coffee/tea/powdered drinks
- Baby food, diapers, infant formula, baby wipes
- Sports drinks & fluids to prevent dehydration
- Pet food and supplies

HEALTH & FIRST AID ITEMS

- Prescription items. *Antibiotics are no help against the flu.*
- Over-the-counter pain and fever reducers.
Do not give aspirin to children & teenagers for flu; this can cause a rare but serious illness called Reye's Syndrome. Consult your pharmacist or health care provider for appropriate medications
- Anti-Diarrhea medicines
- Cough medicines & throat lozenges
- Thermometer & First Aid Kit
- Face masks for care-giver
- Disposable latex or nitrile gloves for handling tissues or body fluids
- Soap & alcohol-based sanitizer & wipes
- Tissue, toilet paper, paper towel
- Disposable cups for bathroom & kitchen
- Comfort Items-special items for children including age appropriate toys

PREVENT THE SPREAD

- ✓ **GET A FLU SHOT WHEN AVAILABLE**
- ✓ **COVER COUGHS AND SNEEZES WITH A TISSUE**
- ✓ **WASH HANDS OFTEN WITH SOAP OR ALCOHOL HAND SANITIZER**
- ✓ **CHILDREN & ADULTS SHOULD STAY HOME WHEN ILL**

Get The Flu Shot.... ...Not The Flu.



What is Flu?

Influenza (or flu) is a highly contagious virus that infects your respiratory system: nose, throat, bronchial tubes and possibly your lungs. It spreads easily person to person by droplets in the air from a cough or sneeze and can cause serious illness or death.

Is it a Cold or the Flu?

A common cold, including chest and head colds, are caused by over 200 viruses, but flu is caused by either Influenza A or B. And with the flu, you feel terrible! You may have fever and body aches and your symptoms are worse with the flu than a common cold.

How can you prevent catching the Flu?

The single best way to prevent the Flu is to get a flu vaccination each year. The particular strain of flu changes every year, so a new vaccine is developed to match the "seasonal" Flu that is circulating.

What is in the Seasonal Flu Shot?

Influenza A & B viruses that are currently circulating.

Who should get the 2009-2010 Seasonal Flu Shot?

People 50 years and older; people living in nursing homes or long-term care facilities; adults and children 6 months or older with chronic medical conditions including asthma; pregnant women; and all children 6 months to 18 years of age.

What is Swine Flu or Novel H1N1?

Novel H1N1 is a brand new flu virus causing illness in people in every country of the world and has become a pandemic (or global epidemic). Sometimes called "swine flu" because it has some genes from pigs, but it also has some genes from birds (avian) and humans too.

Will there be a Novel H1N1 Flu shot (swine flu)?

Yes, the Novel H1N1 vaccine is expected to be available later in the fall.

Who should get the Novel H1N1 Flu shot?

- Pregnant women
- Household contacts of children younger than 6 months of age
- Healthcare and emergency medical services personnel
- All people from 6 months through 24 years of age
- Persons aged 25 through 64 years who have health conditions with higher risk of medical complications

Will the Seasonal Flu shot protect me from the Novel H1N1 Flu?

No, the seasonal Flu vaccine is not expected to protect against Novel H1N1 Flu.

For more information, please consult
Palm Beach County Health Department at www.pbchd.com
Florida Department of Health at www.floridashealth.com
Centers for Disease Control at www.cdc.gov