

**Questions about influenza and influenza vaccines?  
Here's what you need to know:**

Types of Flu

**Seasonal Flu**

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Vaccines for seasonal flu contain protection against three strains of influenza virus - but not against the new H1N1 virus.

**H1N1 Influenza**

Novel H1N1 is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person, probably in much the same way that regular seasonal influenza viruses spread.

What you can do

**Get Vaccinated against seasonal flu.**

- When it comes to reducing influenza transmission and protecting people from influenza, vaccines are the most important tool available.
- People should begin getting their flu vaccines as soon as it is available. Vaccination should continue through March.

**Talk to your doctor to find out whether you need the H1N1 vaccine.**

- The seasonal flu vaccine will **not** protect people from H1N1.
- A vaccine is in development for H1N1.
- The vaccine will be tested for effectiveness and safety before it is distributed.

**Protect Yourself From All Influenza Viruses.**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you are sick. You should stay home for at least 24 hours after your fever is gone, except to get medical care or for other necessities. Your fever should be gone without the use of fever-reducing medicine.

**Please, this flu season:  
Protect Yourself. Protect Your Family. Protect Your Coworkers.  
Get *Your* Flu Vaccine**