

SAY NO 2 FLU



Protect yourself and your family against 2 types of flu.

Pandemic Flu H1N1

Wash hands often

Cover coughs and sneezes

Stay home when sick

Get flu vaccinations

Seasonal Flu

For more information, call 1-888-993-3003 or visit www.fcdph.org/flu1n1



Department of Public Health
www.fcdph.org

2 Vaccines for 2 Types of Flu

PADEMIC FLU H1N1: those most at risk who need to get vaccinated are:

- Pregnant women
- Children and young adults - 6 months through 24 years of age
- Household contacts of infants 6 months of age or younger
- Adults with chronic health conditions

SEASONAL FLU: those most at risk who need to get vaccinated are:

- Children - 6 months through 18 years
- Adults
- Seniors



CALL YOUR HEALTH CARE PROVIDER for Pandemic Flu H1N1 and Seasonal Flu vaccine information

Signs & Symptoms

Symptoms of Pandemic Flu H1N1 are similar to symptoms of Seasonal Flu

- Fever
- Cough
- Headache
- Fatigue
- Sore throat
- Body aches
- Nausea
- Vomiting
- Diarrhea

If symptoms persist or get worse, seek medical attention

Prevention for 2 Types of Flu



- **Cover coughs and sneezes with a tissue or the corner of the elbow. Throw tissue away after each use.**
- **Wash hands often with soap and water. Alcohol-based hand cleaners are also effective.**
- **Stay home when sick and keep sick children home from school.**
- **Avoid close contact with others who are sick.**

TXWV 2 YAM KHAUB THUAS



**Tiv thaiv koj tus kheej
thiab koj tsev neeg
kom txhob tau 2 yam
khaub thuas**

2 Yam tshuaj tiv thaiv 2 Yam khaub thuas

KHAUB THUAS H1N1: Cov tsim nyog
yuav tau txhaj tshuaj tiv thaiv yog:

- Cov pojniam cev tsis tab seeb
- Cov me nyuam yau thiab cov hluas - hnub
nyoog 6 hli mus txog 24 xyoos
- Cov neeg uas nyob nrog tus me nyuam
mos tshaj 6 hli rov haud
- Cov neeg uas muaj lwm hom mob lawm.

Cwjpwmm mob khaub thuas

Cwjpwmm mob ntawm tus khaub thuas H1N1
zoo ib yam li tus cwjpwmm mob ntawm tus
khaub thuas thaum lub caij ntuj no thiab

- Kub cev
- Hnoos
- Dias taub hau
- Qaug zog
- Mob qa
- Mob ib ce
- Xeev siab
- Ntuav
- Zawv plab

Yog mob sij tsis zoo los yog mob huam tuaj,
mus ntsib kws kho mob tam sim.

Khaub thuas H1N1

Nquag ntxuav tes

**Npog ncauj thaum
hnoos thiab txham**

**Thaum mob lawm,
nyob hauv tsev**

Txhaj tshuaj tiv thaiv

Khaub thuas ntuj no

**Xav paub ntxiv, hu rau
1-888-993-3003 los yog mus saib
www.fcdph.org/flu1n1**

KHAUB THUAS CAIJ NTUJ NO: Cov tsim
nyog yuav tau txhaj tshuaj tiv thaiv yog:

- Me nyuam - 6 hli txog 18 xyoo
- Cov tiav neeg
- Cov Laus



HU KOJ TUS KWS KHO MOB
nug txog kev txhaj tshuaj tiv thaiv
Khaub thuas H1N1 thiab
Khaub thuas lub caij ntuj no

**Tiv Thaiv
Kom
2 Yam Khaub
Thuas Tsis
Txhob Kis**



• Siv ntawv los yog koj lub lauj tshib
npog qhov ncauj thaum hnoos thiab
txham. Muab tej ntawv uas siv tag
lawm pov tseg.

• Nquag siv dej thiab xuj npus ntxuav
tes. Siv cov tshuaj ntxuav tes uas
muaj cawv 90 nyob haud los tau.

• Yog mob lawm, nyob hauv tsev
thiab tsis txhob mus kawm ntawv.

• Tsis txhob nrog tus muaj mob ua ke.



Tuam Tsev Saib Kev noj qab
nyob Zoo
www.fcdph.org