



HOW TO STAY HEALTHY DURING THE FLU SEASON!

Three Easy Steps to Avoiding the Flu:

1. Get your flu shots!

Getting the flu shot is the best way to prevent the flu. You need two kinds of flu vaccines this year: Seasonal flu and H1N1 flu (previously called the “swine flu”).

Flu shots are most important for people at high risk and their close contacts. These people include:

| Seasonal Influenza | H1N1 Influenza |
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| <ul style="list-style-type: none"> • Pregnant women • Children aged 6 months through 18 years • People 50 years of age and older • Persons with chronic medical conditions, such as Asthma, Diabetes, Obesity or Heart Disease • Persons who have a weakened immune system, such as from medications or HIV infection | <ul style="list-style-type: none"> • Pregnant women • Persons between the ages of 6 months and 24 years old • Persons with chronic medical conditions, such as Asthma, Diabetes, Obesity or Heart Disease • Persons who have a weakened immune system, such as from medications or HIV infection • People who live with or care for children younger than 6 months of age |

Number of Shots Needed:

| Seasonal Influenza | H1N1 Influenza |
|---|--|
| <p>Some children will need two doses of seasonal influenza vaccine. Please talk to your doctor about how many doses your child will need.</p> | <ul style="list-style-type: none"> • Children 9 years old and younger need 2 doses • Children 10 – 17 years old need 1 dose • Adults 18 and older need 1 dose |

2. Clean hands save lives!

- Wash your hands often to protect yourself from germs.
- Rub your hands together for at least 20 seconds with soap if possible.
- Alcohol-based hand wipes or sanitizers work well too.
- Don't touch your eyes, nose or mouth. This is how germs can spread.
- Click here for more tips on hand washing! (click: flyer from link #1 to pop up)



3. Limit your contact with sick people!

- Individuals can be infectious for up to 7 days from onset of illness. You are most infectious the 24 hours after fever has passed, usually 3 to 5 days.
- Cover coughs and sneezes with disposable tissue or your elbow.
- Pregnant women, people 65 and older with underlying health conditions and people with weakened immune systems, chronic medical conditions and young children should avoid close contact (within 6 feet) with household members who are sick.
- Infants should not be cared for by sick family members.



Caring for Seasonal and H1N1 flu at home – Flyer from link to #3 below to pop up

What to do if you get flu-like symptoms? - Flyer from link to #2 below to pop up

Where can I get the Seasonal and H1N1 flu vaccines?

- Check with your doctor first
- Call Health Choice Arizona Member Services, Monday - Friday, 6:00 AM – 6:00 PM at 1-800-322-8670 or 480-968-6866. TTY users should call 1-800-842-4681 to learn more about where you can get vaccines
- Come to Health Choice Arizona Flu Clinics. Use this link to find a Mollen Clinic location by zip code:

<http://www.mollen.com/>

Where can I get more information on the Seasonal and H1N1 Flu?

- Community Information & Referral has a dedicated flu hotline at 1-877-764-2670, 602-324-2814 or visit <http://www.cir.org/seasonal-flu-county.html>
- Stop The Spread at <http://www.stopthespreadaz.org>
- Arizona Department of Health Services at <http://www.azdhs.gov/>
- U.S. Department of Health & Human Services at <http://www.flu.gov/>

Note:

1. Three Easy Steps to Avoiding the Flu, #2 link <http://www.cdc.gov/h1n1flu/pdf/handwashing.pdf>
2. Three Easy Steps to Avoiding the Flu, #3 link http://www.maricopa.gov/Public_Health/HotTopics/h1n1flu/pdf/08.03.09_SignsSymptoms.pdf
3. Caring for Seasonal and Novel H1N1 Influenza at Home, link: http://www.maricopa.gov/Public_Health/HotTopics/h1n1flu/pdf/08.03.09_CaringHome.pdf