



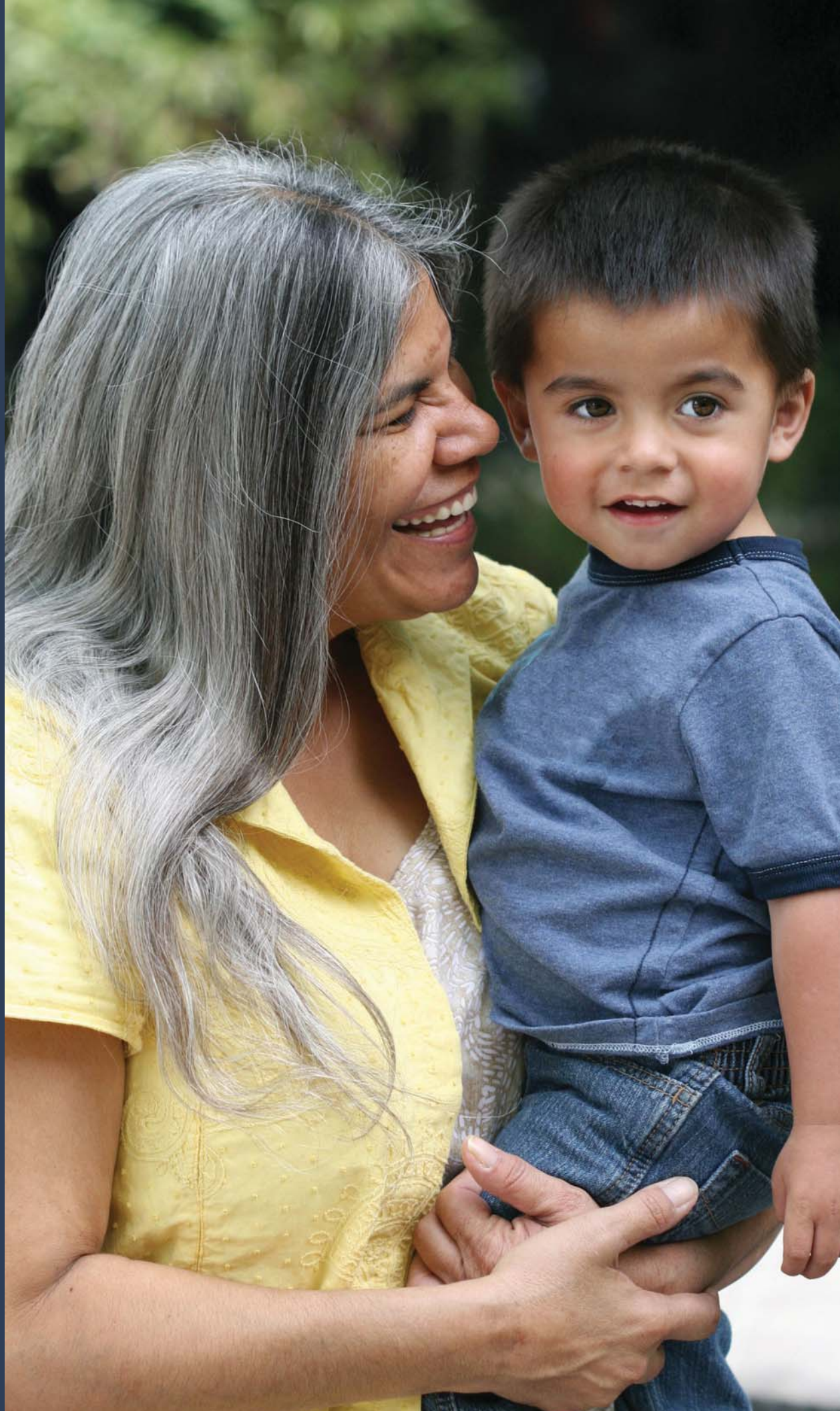
Life is  
a delicate  
balance.

Your flu vaccine  
protects me,  
my flu vaccine  
protects you.

American Indian and  
Alaskan Natives may be at a  
greater risk from complications  
such as hospitalization or  
death from flu, protect you  
and your community against  
this disease....it's not too late  
to get your flu vaccine.



Learn more about flu and  
the flu vaccine by visiting  
[www.crihb.org](http://www.crihb.org)





# Fact Sheet for Preventing Flu

- ▼ Native Americans may be at greater risk from getting very ill from the flu. This is because Native Americans often have other health issues, such as diabetes, heart problems and asthma.
- ▼ The H1N1 flu is similar to seasonal flu, but one of the differences is the H1N1 virus is more common in younger people than the elderly. Like with any flu, most people recover from in a few days. However, some people develop serious complications and could die from the flu. That's why flu prevention should be taken seriously.

## Protect yourself and your Family

- ▼ Take these everyday steps to help prevent the spread of germs and protect your health and the health of your family:
  - ◀ Cover your nose and mouth with a tissue when you cough or sneeze, or sneeze into your sleeve.
  - ◀ Wash your hands often with soap and warm water, especially after you cough or sneeze. Avoid touching your eyes, nose or mouth. Germs spread this way.
  - ◀ Try to avoid close contact with sick people.
- ▼ Parents can help protect their children and reduce the spread of the flu by taking these safety measures:  
Teach your children to ...
  - ◀ Wash hands frequently with soap and warm water for 20 seconds.
  - ◀ Use alcohol-based hand sanitizer when water and soap are not available.
  - ◀ Cover coughs and sneezes with tissues.
  - ◀ Throw away used tissues in the trash.

## Flu Vaccine

CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

- ▼ If you have already received the H1N1 vaccine, please have yourself vaccinated with the seasonal flu vaccine to get the best protection against the flu. This is especially important to do if you are in one of the high risk groups.
- ▼ People who are at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- ▼ Everyone 6 months of age and older should get vaccinated against the flu as soon as the 2010-2011 season vaccine is available (unless not recommended by your doctor).
- ▼ Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- ▼ Vaccination also is important for health care workers and other people who live with or care for high risk people to keep from spreading flu to high risk people.
- ▼ Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

