


Life is  
a delicate  
balance.

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



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

American Indian and Alaskan Natives may be at a greater risk from complications such as hospitalization or death from H1N1, protect you and your community against this disease... it's not too late to get your flu vaccine.



# Fact Sheet for Parents

▼ 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 H<sub>1</sub>N<sub>1</sub> flu is similar to seasonal flu, but one of the differences is the H<sub>1</sub>N<sub>1</sub> virus is more common in younger people than the elderly. Like with any flu, most people recover from H<sub>1</sub>N<sub>1</sub> in a few days. However, some develop serious complications and could die from H<sub>1</sub>N<sub>1</sub> flu. That's why **flu prevention** should be taken seriously.

## Help Protect your Children

▼ Parents can help protect their children and reduce the spread of seasonal or H<sub>1</sub>N<sub>1</sub> flu by taking these safety measures: Teach your children to . . .

- ◀ Wash hands frequently with soap and warm water for 20 seconds (about as long as it takes to sing the "Happy Birthday" song twice). Set a good example by doing this yourself.
- ◀ 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 after each use.
- ◀ Don't be near people who are sick.
- ◀ If your child has flu symptoms, it is important that he/she does not attend school or go out in public—such as childcare, the mall, or sporting events—where other people could be exposed.
- ◀ Symptoms of flu-like illness include: high fever (over 100 degrees F.), cough, sore throat, body aches, fatigue, congestion or runny nose. Other symptoms that may occur with H<sub>1</sub>N<sub>1</sub> flu, include vomiting or diarrhea.

◀ Look for signs such as eating less or being irritable. Children who are becoming ill may act differently than they normally do.

## H1N1 Flu Vaccine

▼ H<sub>1</sub>N<sub>1</sub> flu vaccine is now readily available. Like with seasonal flu vaccine, manufacturers developed the H<sub>1</sub>N<sub>1</sub> vaccine in the same way. Government agencies, health care professionals and other vaccine experts believe the H<sub>1</sub>N<sub>1</sub> vaccine is safe and effective -- just like the seasonal flu vaccine.

▼ There are two types of H<sub>1</sub>N<sub>1</sub> vaccine: the flu shot and the nasal spray. This is the same as with seasonal flu vaccine. Neither vaccine can give you or anyone else the flu.

▼ Anyone over 6 months old should be vaccinated with the flu shot. Children from 6 months to 8 years old who receive a flu shot for the first time will also need a booster shot one month after the first shot. To best ensure protection against the flu, parents should have their children vaccinated as early as possible.

▼ The most common side effect from the shot is a sore, tender, or red area at the injection site. The nasal spray H<sub>1</sub>N<sub>1</sub> flu vaccine is used in healthy people age 2 to 49 years old who are not pregnant. The most common side effect with the nasal spray vaccine is a runny nose. Sometimes, either vaccine can cause a mild fever or achiness for a few days. This is not the flu. As with any vaccine or medication, an allergic reaction is possible, but very rare.

▼ Learn more about H<sub>1</sub>N<sub>1</sub> Flu and Vaccine by visiting the CRIHB website at [www.crihb.org](http://www.crihb.org) or to [www.flu.gov](http://www.flu.gov).