



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 H1N1, 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.flu.gov or www.crihb.org





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 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 H1N1 in a few days. However, some people develop serious complications and could die from H1N1 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 the flu by taking these safety measures:

Teach your children to ...

- ◀ Wash hands frequently with soap and warm water for 20 seconds. 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 catch the flu from them.
 - ▼ Symptoms of flu-like illness include: high fever (over 100 degrees F.), cough, sore throat, body aches, fatigue, congestion or runny nose. Some other symptoms that may occur with H1N1 flu, include vomiting or diarrhea.
 - ▼ Also Look for signs such as eating less or being irritable.

H1N1 Flu Vaccine

- ▼ An H1N1 flu vaccine is now readily available. Like with seasonal flu vaccine, manufacturers developed the H1N1 vaccine in the same way. Government agencies, health care professionals and other vaccine experts believe the H1N1 vaccine is safe and effective -- just like seasonal flu vaccine.
- ▼ There are two types of H1N1 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 get the best 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 H1N1 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 H1N1 Flu and Vaccine by visiting to the CRIHB website at www.crihb.org or to www.flu.gov. These websites have the latest facts and information about vaccine availability in your community.

