

# H1N1 & Seasonal Influenza (Flu) Prevention

Erie County



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## Top 10 things you can do to prevent the flu.

1. Wash your hands often, especially after coughing & sneezing. Wash for 20 seconds with soap & warm water. Use alcohol-based hand sanitizers or wipes if soap and water are not available.
2. When coughing or sneezing, cover your mouth & nose with a tissue or the inside of your elbow. Throw the used tissue in the trash and wash your hands.
3. Avoid touching your eyes, nose & mouth. Germs spread this way.
4. If you are sick, stay home and away from others for 24 hours after your fever ( $\geq 100^{\circ}\text{F}$ ) is gone without the use of fever reducing medications.
5. Stay away from sick people whenever possible.
6. Most people who get the flu do not need to go to the doctor or hospital unless they are [severely ill](#) or have an underlying condition.
7. If you are [severely ill](#) or at [high risk](#) for influenza complications and become ill, call your health care provider as soon as possible. Early treatment with antiviral medications is very important for people at high risk because it can prevent hospitalizations and deaths.
8. Consider getting vaccinated for seasonal flu if it is [recommended for you](#). Your primary care provider is the best place to get vaccinated. If that is not possible, then [click here](#) to find a list of community sites that offer the seasonal flu vaccination.
9. Consider getting vaccinated for H1N1 if you are in one of the following [initial target groups](#)
  - Pregnant women
  - Persons who live with or provide care for infants aged <6 months
  - Health-care and emergency medical services personnel
  - Children and young adults aged 6 months - 24 years
  - Persons aged 25 - 64 years who have medical conditions that put them at higher risk for influenza-related complications
10. Keep informed by going to the following websites.
  - [ECDOH](#)
  - [NYSDOH](#)
  - [CDC](#)
  - [Flu.gov](#)