Protect yourself from H1N1
Get the vaccine

Getting the vaccine is the best protection you have against flu.

- You have more of a chance of getting the 2009 H1N1 flu or getting very sick from it if you are
  - — Pregnant.
  - — Between the ages of 6 months and 24 years old.
  - — Between 25 and 64 years old with a health condition like asthma, diabetes, heart disease, or lung disease.
- If you take care of or live with babies under 6 months old, getting the vaccine yourself helps protect the baby, who are too young to get a flu vaccine.

Know the facts about the 2009 H1N1 vaccine.

- A seasonal flu vaccine will not protect you against 2009 H1N1 flu.
- The 2009 H1N1 vaccine is made the same way as seasonal flu vaccines.
  - — Millions of seasonal flu vaccines have been given safely.
  - — Millions of people have also safely received the 2009 H1N1 vaccine.
- Two kinds of H1N1 flu vaccines are made: nasal spray and shot
  - — You can get the nasal spray if you are healthy, not pregnant, and between the ages of 2 to 49.
  - — Most people 6 months and older can get the shot.

Take everyday actions to stay healthy.

- Cough or sneeze into a tissue. If you don't have one, use your sleeve, NOT your hand. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. Use an alcohol-based hand rub if you do not have soap and water.
- Try not to touch your eyes, nose, and mouth. Germs spread that way.
- Stay home if you get sick. This helps keep others from getting sick.

What should I do if I get sick?

- Stay home.
- Most people with 2009 H1N1 flu don't need to see a doctor. The same is true for seasonal flu.
- Contact your doctor if you are sick and if you
  - — Are pregnant.
  - — Have a chronic health condition like asthma, diabetes, heart disease, or lung disease.
  - — Are under 5 years old or over 65 years old.

For more information go to 1-**800-CDC-INFO** or **www.flu.gov**

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