

Preparing for Seasonal flu and H1N1 flu

What can I do to keep myself from getting sick?

- Improve hand hygiene by washing your hands thoroughly with soap and warm water or alcohol-based hand sanitizer.
- Cover your cough and sneezes with tissue or your sleeve.
- Clean surfaces and items that have frequent hand contact such as your telephone, computer keyboard, and door handles.
- If you have the following symptoms, stay home and contact your medical provider: fever \geq 100 degrees, cough and/or sore throat.

Recommendations for flu vaccinations

Priority groups for seasonal flu

- Residents and caretakers in long-term facilities.
- Persons ages 2 through 64 years with chronic health conditions such as asthma or other breathing problems, kidney disease, heart disease, diabetes, muscle and nerve disorders, children on long-term aspirin therapy.
- Children age 6 months through 18 years.
- Persons age 50 years and older.
- Pregnant women.
- Healthcare workers who provide direct patient care.
- Household contacts and out-of-home caregivers of children up to age 5, or anyone at increased risk of flu complications.

Priority groups for H1N1 flu

- Pregnant women.
- People who live with or care for children younger than 6 months old.
- Children and young adults age 6 months through 24 years.
- Healthcare workers and emergency service personnel.
- People age 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.

This year, people need to get vaccinated against both seasonal flu and H1N1 flu.

See your medical provider for vaccinations. For those who do not have insurance, contact your nearest public health office.

If you have influenza-like symptoms, you should stay at home and avoid contact with other people until you feel well enough to return to work or school and have not had a fever for 24 hours.

If you have severe illness which includes fever, cough, sore throat, chills and fatigue, or you are at high risk for flu complications, call your medical care provider or seek immediate medical care.

There will be frequent community messages and updates as information becomes available.

For further information, contact Linda Monk, Department of Health Region 4 Director at 575-347-2551.

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