

The New Hampshire Immunization Program

uses federal, state and insurance funds to supply
influenza vaccine, as available, at no cost to
health care providers for all children who meet
the current guidelines.

Contact Information

Department of Health & Human Services
Division of Public Health Services
IMMUNIZATION PROGRAM
603-271-4482

NH toll free 800-852-3345 x4482
29 Hazen Drive
Concord, NH 03301
www.dhhs.nh.gov

COMMUNICABLE DISEASE CONTROL AND SURVEILLANCE SECTION

603-271-4496
toll free 800-852-3345 x4496
29 Hazen Drive
Concord, NH 03301
www.dhhs.nh.gov

FOR ADDITIONAL INFORMATION VISIT:

The Centers for Disease Control & Prevention
website on the flu: www.cdc.gov/flu

The American Lung Association website can help
you find a flu clinic in your area:

www.findaflushot.com/lungusa

TTD ACCESS: 800-735-2964



DHHS
Division of Public Health Services
NH Immunization Program
29 Hazen Drive
Concord, NH 03301

What to do to prevent the FLU

TIPS ON STAYING
HEALTHY DURING
THE 2004–2005
FLU SEASON



NH Immunization Program

DEPARTMENT OF HEALTH & HUMAN SERVICES
DIVISION OF PUBLIC HEALTH SERVICES

AN UPDATE ON THE 2004–2005 FLU SEASON

*Influenza information
to help you this flu season*

Symptoms & Spread of the Flu

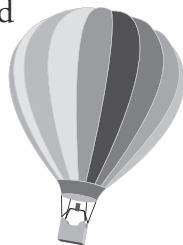
Influenza (commonly called the “flu”) is a contagious respiratory illness caused by the influenza virus. An estimated 200,000 Americans are hospitalized and 36,000 die each year from complications of the flu.

Symptoms of the flu include:

- Headache
- Sudden high fever
- Tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Nausea, vomiting & diarrhea*

*Much more common among children than adults.

The influenza virus is spread when a person who has the flu coughs, sneezes or speaks, and spreads the virus into the air. Other people then inhale the virus. The virus can also be spread when a person touches a surface with the flu virus on it (for example, a door handle) and then touches his or her nose or mouth.

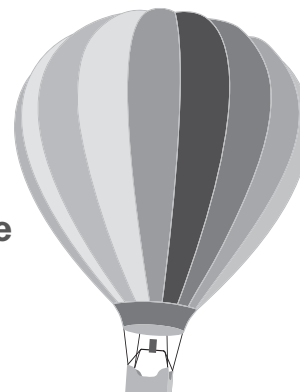


Who Should Be Vaccinated?

The State of New Hampshire revised priority guidelines for “at risk” groups:

- All children 6 months to 23 months.
- Adults 65 years of age and older—Priority should be given to adults 65 years and older with one or more chronic medical conditions.
- Children 6 months to 18 years on chronic aspirin therapy.
- Persons aged 2 years to 64 years with underlying chronic medical conditions—Priority should be given to those with heart, lung or kidney disease and those with weakened immune systems due to HIV/AIDS, long-term steroid treatment or cancer treatment.
- Residents of nursing homes and long-term care facilities.
- All women who are pregnant during the flu season.
- Health care workers involved in direct patient care—Priority should be given to health care workers who provide direct patient care for highly immunosuppressed patients.
- Out-of-home caregivers and household contacts of children younger than 6 months—Priority should be given to those who live with and routinely care for children younger than 6 months of age.

**If you have any
questions or concerns
please call the
NH Toll Free Flu Hotline
866-273-6453**



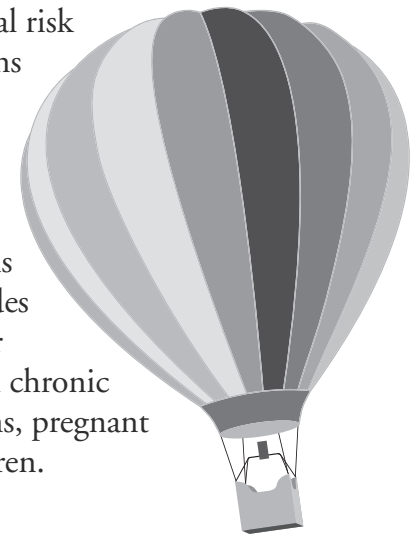
Prevention

The single best way to prevent the flu is to get an annual flu vaccination. Other good health habits for prevention include:

- Wash your hands regularly.
- Cover your mouth and nose with a tissue when you cough or sneeze and throw the tissue away. Remember to wash your hands.
- Wash your hands before touching your eyes, nose or mouth.
- Avoid close contact with people who are sick.

If You Get Sick...

- Stay home from work, school and errands when you are sick. You will help prevent others from getting sick.
- If you get the flu, you should get plenty of rest, drink a lot of liquids, and avoid using alcohol and tobacco.
- If your flu symptoms are unusually severe (for example, if you are having trouble breathing), you should consult your health care provider right away.
- If you are at special risk from complications of flu, you should consult your health care provider when your flu symptoms begin. This includes people 65 years or older, people with chronic medical conditions, pregnant women and children.



Flu Facts

About the flu vaccine...

The flu vaccine provides protection against three strains of influenza virus. There is one strain of the virus that is circulating this year that is somewhat different from one of the strains included in the vaccine. However, the flu vaccine does provide some protection against this different strain.

This year there are two kinds of flu vaccine:

- **The flu shot**
The flu vaccine that is given as a shot is now in short supply. This vaccine, if available, is now being given to people at highest risk for complications from the flu.
- **The nasal-spray flu vaccine**
The vaccine that is sprayed into the nose is a weakened live vaccine that can be used only for healthy people ages 5-49.

Who should get the flu shot when vaccine is in short supply?

People at high risk of complications from flu:

- all children 6 – 23 months old
- adults ≥ 65 years old
- pregnant women in their second or third trimester
- persons aged ≥ 2 years old with underlying chronic conditions

Who should get the nasal-spray flu vaccine (FluMist™)?

Any healthy person between the ages of 5 and 49 may receive the nasal-spray flu vaccine.

All people eligible for this vaccine should contact their provider for more information and visit: <http://www.flumist.com> for information about a \$25 rebate for FluMist™. Many insurance companies are now reimbursing for FluMist.

Simple steps you can take to protect yourself and your loved ones:

- Wash hands with soap and warm water or use an alcohol based hand rub or gel frequently, especially after visiting public places or being in contact with anyone with a cold or the flu. Avoid touching your eyes, nose and mouth.
- Cover your mouth when coughing or sneezing. Turn your head (never cough in the direction of someone else) and cough or sneeze into a tissue. If tissues are not available, cough or sneeze into the inside of your elbow.
- Do not take young children, those with immune system problems or the chronically ill into large crowds unnecessarily when the flu is in your community.
- Avoid close contact (holding, hugging and kissing) with anyone who has a cold or the flu. Be very careful with children, as they are most likely to become sick with the flu.
- Stay home from work or school and avoid public activities for at least 5 (7 for children) days if you have symptoms of the flu.
- Do not share items that can spread germs and viruses, like drinking cups, straws, or other items that you put in your mouth.
- Clean things that are touched often in household, classroom and child care settings: door or refrigerator handles, phones, water faucets etc.

About the flu...

What is the flu?

The flu is a very contagious disease of the respiratory (breathing) system. The flu is easily passed from one person to another by coughing and sneezing. It is usually very unpleasant, but for most people symptoms generally get better after 7 –10 days.

The flu usually starts very **suddenly** with:

- fever (from 102° – 104°) lasting 3 – 4 days
- headache
- severe muscle aches
- general weakness/extreme fatigue

These symptoms are accompanied by:

- dry cough
- sore throat
- runny or stuffy nose

What to do if you have the flu:

- Rest in bed
- Drink lots of fluids
- Take non-aspirin pain relievers such as acetaminophen (e.g. Tylenol®) or ibuprofen (e.g. Advil®, Motrin®, etc.). Children and teens with the flu should never take aspirin as they may develop a rare, but serious disease called Reye syndrome
- Stay home and avoid public activities until your symptoms are resolved (usually 5-7 days)
- Talk with your health care provider if you are considering prescription drugs as they can have serious side effects in some people
- For extreme cases, visit your health care provider or the emergency department as soon as possible

Note: If you are at high risk for complications from the flu (see: *Who Should Get the Flu Shot?* on reverse side), you should consult your health care provider when your flu symptoms begin. Your doctor may choose to use certain antiviral drugs to treat the flu.

When should you see a health care provider?

You should see a health care provider or go to an emergency room immediately if you have any of the symptoms below:

- Severe or prolonged flu symptoms
- Rapid or labored breathing, or bluish skin
- Pain or difficulty breathing
- Cough with yellow sputum or phlegm
- Becoming sick again with fever and/or a worse cough after flu symptoms have improved
- Not drinking enough fluids

Parents should seek medical attention for infants and children that are:

- Not waking up; not interacting with others
- So irritable they do not want to be held

For more information about influenza visit, <http://www.cdc.gov/flu/> or <http://www.dhhs.state.nh.us> or call the NH DHHS Toll-Free Influenza Hotline at 1-866-273-6453.

Is it a Cold or Flu?

Check your symptoms, and ask your doctor for advice.

Remember, a **flu shot** is your best protection against the flu.

Symptoms	Cold	Flu
Fever	Rare in adults and older children, but can be as high 102°F in infants and small children.	Usually 102°F and usually last 3 to 4 days
Headache	Rare	Sudden onset and can be severe
Muscle aches	Mild	Usual, and often severe
Tiredness and weakness	Mild	Can last 2 or more weeks
Extreme exhaustion	Never	Sudden onset and can be severe
Runny nose	Often	Sometimes
Sneezing	Often	Sometimes
Sore throat	Often	Sometimes
Cough	Mild hacking cough	Usual, and can become severe

For more information

Ask your health care provider or call the CDC Immunization Hot Line

English: 1-800-232-2522 Español: 1-800-232-0233 www.cdc.gov/nip/flu

