



A GUIDE TO SEASONAL FLU

Presented by the Bucks County Health Department (BCHD)

Whether we're talking about seasonal flu or H1N1, the advice from BCHD Director David Damsker, MD, MPH, is the same. He is stressing three things to stay healthy as we enter 2009 flu season:

1. The BCHD is the county's one-stop-shop for all flu information, seasonal or H1N1

- A recorded message hotline has been established for the public to call and hear up-to-date information. Callers can dial **877-477-4492** and listen to the message, and leave a message for the Health Department staff if a call-back is requested
- Visit www.BucksCounty.org and click on **the flu widget** in the middle of the home page
- The department has been working with physicians, hospitals and school districts to ensure preparedness for the upcoming flu season

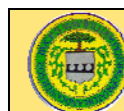
2. H1N1 is very similar to seasonal flu – if you are medically eligible, get both vaccines

- H1N1 is not expected to be more severe than seasonal flu. All indications are the flu is not causing any more or more severe illness than in a normal flu season, and **symptoms are the same**
- The difference between the two is the way the vaccines will be handled – **seasonal vaccines are starting to be available now**, in doctor's offices, pharmacies and grocery stores. The county will also administer it at the drill on October 17 from 10-2. It does not protect against H1N1
- **H1N1 vaccine is not yet available.** Once it becomes available, it will be available from your physician who will have to register with the state to receive the free vaccine. Expect the vaccine sometime after late October. Consult your physician with any questions or concerns, as we each have individual medical histories
- **Priority groups for H1N1 were identified by the CDC** and include: healthcare workers, pregnant women, caregivers to those less than 6 months of age, all people ages 6 months to 24 years of age, and those 24 to 64 years of age with chronic medical conditions. These individuals will receive the first vaccines. When more is shipped, it should be available to everyone through your doctor.

3. You can help yourself & others stay well - Cover your sneeze or cough! Wash your hands often! Stay home if you're sick, until 24 hours after your fever breaks!

- **Cover your sneeze or cough** with the bend of your elbow if you don't have a tissue
- Wash hands frequently, and **keep hands out of your eyes, nose and mouth**
- If soap & water aren't available, use alcohol-based hand sanitizer
- Get plenty of rest
- Use social distancing
- **If you are sick, stay home** until 24 hours after your fever breaks

Are you ready...or not? Visit www.BuckCounty.org/ReadyBucks
Register for emergency alerts to your email or cell phone at www.ReadyNotifyPA.org



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