

Public health centers

Anchorage

Municipality of Anchorage, 343-4605
SOA Itinerant Services, 334-2260

Barrow

North Slope Borough Health
& Social Services Agency, 852-0270

Bethel, 543-2110

Cordova, 424-4547

Craig, 826-3433

Delta Junction, 895-4292

Dillingham, 842-5981

Fairbanks, 452-1776

Fort Yukon, 662-2889

Galena, 656-1200

Haines, 766-3300

Homer, 235-8857

Juneau, 465-3353

Kenai, 335-3400

Ketchikan, 225-4350

Kodiak, 486-3319

Kotzebue

Maniilaq Association, 442-7144

Mat-Su, 352-6600

Nome

Norton Sound Health
Corporation, 443-3221

Petersburg, 772-4611

Seward, 224-5567

Sitka, 747-3255

Tok, 883-4101

Valdez, 835-4612

Wasilla (see Mat-Su)

Wrangell, 874-3615

Facts about the flu

Did you know?

Flu viruses can live on countertops and other surfaces for up to eight hours.

That's why it pays to wash your hands often and avoid touching your face. It also helps to routinely disinfect hard surfaces such as countertops, keyboards, telephones, doorknobs and faucet handles. Habits like these can prevent the spread of bacterial and viral illnesses.

Did you know?

Many flu strains can circulate at the same time.

Many seasonal flu viruses circulate every year and occasionally a pandemic flu like 2009 H1N1 also appears. People have little or no immunity to these new viruses, so the percentage of people who get sick can significantly increase compared to a normal flu season.

Though the strains may differ, symptoms often feel the same, with fever, fatigue, muscle aches, a cough, a sore throat and sometimes vomiting and diarrhea. Some people have the flu without a fever.

Before that happens, get your seasonal flu shot and other recommended immunizations.

Did you know?

Certain people are at increased risk for developing severe complications from the flu.

For that reason, there are priority groups for the 2009 H1N1 vaccine. These groups include people 6 months to 24 years old, people in regular contact with infants age 6 months or younger, pregnant women and young adults with certain underlying health conditions.

Everyone 6 months and older should get the seasonal flu vaccine with special emphasis on people age 50 and older, pregnant women, all children age 6 months through 18 years, people at high risk for complications from the flu, and anyone who lives with those at high risk for complications from the flu.

Find out what shots you should get by talking to your public health nurse or health-care provider, or going to www.pandemicflu.alaska.gov or www.cdc.gov.



Check out Alaska_DHSS on Twitter for Alaska health updates.

Download a free copy of the *Pandemic Flu Home Care Guide* online: pandemicflu.alaska.gov

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ALASKA

Flu Guide

State of Alaska • Municipality of Anchorage • October 2009

Is it a cold or the flu? And what should you do?

A guide on when to seek medical care

Symptoms	Action
<p>A child or adult doesn't have a fever, but has other symptoms like these:</p> <ul style="list-style-type: none"> Sore throat Stuffy nose Runny nose Cough 	<p>It's probably a cold, but it could be the flu. Rest and drink plenty of fluids.</p>
<p>A child or adult has a fever of over 100.4°F that came on suddenly and is accompanied by these symptoms:</p> <ul style="list-style-type: none"> Cough Sore throat Significant fatigue Headache Muscle aches 	<p>It's most likely the flu. Stay home and rest, but monitor symptoms and use over-the-counter medicines to alleviate discomfort.</p>
<p>A child or adult has a fever over 100.4°F and belongs to a group at a higher risk of developing complications from the flu (children under 2 years old, adults age 65 or older, pregnant women and people with chronic diseases, suppressed immune systems or disorders that compromise respiratory function).</p> <p>OR</p> <p>A child or adult has an extremely high fever, a fever that lasts longer than three days, begins to wheeze or develop localized pain, or has symptoms that persist and then begin to get worse</p>	<p>Contact a doctor today.</p>
<p>A child or adult has a fever over 100.4°F and one of the following symptoms:</p> <ul style="list-style-type: none"> Difficulty breathing or shortness of breath Pain or pressure in the chest or abdomen Blue lips or skin Drowsiness, confusion, dizziness, disorientation, or difficulty being roused No urination in 12 hours Severe or persistent vomiting Convulsions Flu-like symptoms that improved but then return or worsen within a few days <p>OR</p> <p>An infant 3 months or younger has a high fever</p>	<p>Go to the emergency room now and/or call 9-1-1 if necessary.</p>

Helpful supplies

- Soap for washing hands
- Alcohol-based hand sanitizer
- Tissue
- Thermometers for people of different ages
- Fluids: water, fruit or vegetable juices, soups, broths, sports drinks for adults, and Pedialyte® (or store brand) for children
- Foods that are easy to digest: bananas, rice, applesauce and dry toast
- Acetaminophen (Tylenol® or store brand)
- Ibuprofen (Advil®, Motrin® or store brand)
- Throat lozenges
- Cough syrup (adult/children)
- A medicine measuring spoon or dropper
- Extra supply of prescription medicine
- Household disinfectant
- Paper towels
- Trash bags
- Painter's or dust face masks
- Note pads, pens and pencils
- Extra supply of special foods, medicine or equipment needed by family members due to their age or chronic illness
- Children's games or puzzles

More information



1-888-9PANFLU
www.pandemicflu.alaska.gov



1-907-343-6718
www.muni.org/health

Get seasonal and H1N1 vaccinations

Vaccinations are the best way to protect yourself and your family against the influenza virus.



Cover your cough or sneeze

Cough or sneeze into your sleeve or use a tissue. Toss your used tissue into the waste basket and wash your hands.

Fight the FLU

It starts with you



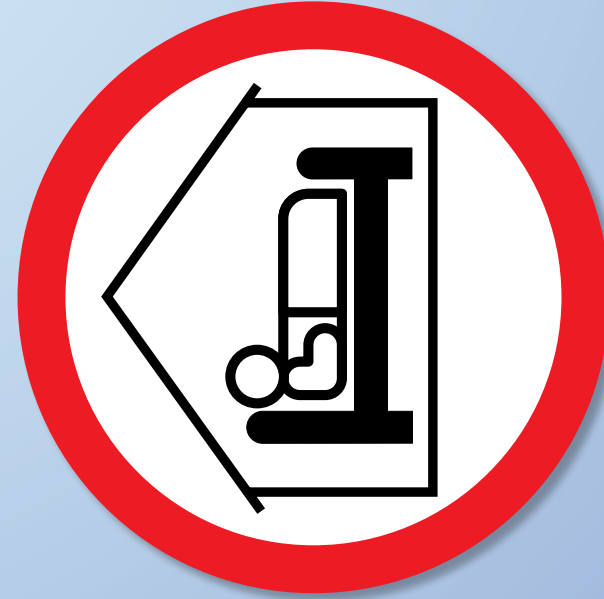
Wash your hands

Wash your hands often with soap and water or use an alcohol-based hand cleaner.



Avoid touching your face

If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, or mouth.



Stay home if you are sick

Flu viruses go wherever you go when you are infected. Stay at home and check with your health-care provider when needed.



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