

# Help Stop the Spread of H1N1 (swine flu) and Seasonal Flu In Alaska



Here are a few things you and your family can do to protect yourselves and others against both H1N1 and seasonal flu.

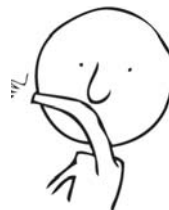


## Wash your hands

for 30 seconds in hot soapy water— or use alcohol based hand sanitizer

## Cough in your sleeve or use tissue

— then wash your hands



## Stay home if you're sick

Keep sick children home from school and day care. Flu symptoms include fever, cough, sore throat, chills, runny nose, fatigue, body aches, and headache

## Get the H1N1 and seasonal flu vaccines

You'll need both vaccines to be protected

The State of Alaska is aware of the statewide public health concern surrounding the new H1N1 virus and is working closely with other state, local, federal and tribal health agencies to protect our kids. For the most up-to-date information on the state's response to H1N1 and seasonal flu go to: [www.pandemicflu.alaska.gov](http://www.pandemicflu.alaska.gov)



**Don't let it spread, wash instead!**



## Q & A: H1N1 and seasonal flu vaccine

### **Q. When is the new H1N1 vaccine expected to be available in Alaska?**

A. The new H1N1 vaccine is currently expected to be available in Alaska by mid-October.

### **Q. Will the seasonal flu vaccine also protect against the H1N1 (swine) flu?**

A. No. The seasonal flu vaccine is not expected to protect against the new H1N1 flu. You will need both vaccines to be fully protected.

### **Q. Who will be recommended as priority groups to receive the new H1N1 vaccine?**

A. There are currently five groups being considered as priorities: 1) Everyone age 6 months – 24 years old; 2) Anyone who lives with or cares for children younger than 6 months old; 3) Pregnant women; 4) Health care and emergency service workers; and 5) Adults age 25 – 64 who have chronic health disorders or compromised immune systems.

### **Q. Where will the vaccine be available?**

A. Alaska is currently developing a vaccine delivery plan. Vaccine will be available in a combination of settings including: vaccination clinics organized by local health departments, health-care provider offices, schools, and other private settings, such as pharmacies and workplaces.

### **Q. Will vaccination against the new H1N1 influenza be mandatory?**

A. The vaccine is not expected to be mandatory, nor is it required for school attendance, at this time. But remember – vaccines are the best public health tool we have to control the spread of influenza. Once the vaccines are available in sufficient quantities, anyone who can be vaccinated should be.

### **Q. Will schools close due to the H1N1 flu virus?**

A. School closure is not recommended at this time unless the number of sick faculty or students interferes with the school's ability to function.

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### **Q. What should I do if my child is sick?**

- Contact your child's doctor or health care provider
- Keep your child at home (no school; no daycare)
- Make sure your child drinks lots of liquids
- Wash your hands frequently

### **Q. Seek EMERGENCY medical care if your child has any of the following signs:**

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Is not drinking fluids
- Will not wake up or seems "out of it"



For more information go to:  
[www.pandemicflu.alaska.gov](http://www.pandemicflu.alaska.gov), or  
<http://www.eed.state.ak.us/tls/schoolhealth/>  
Or call 1-888-9PANFLU (1-888-972-6358)

