



## HOW TO STAY HEALTHY DURING THE FLU SEASON!

### Three Easy Steps to Avoiding the Flu:

#### 1. Get your flu shots!

Getting the flu shot is the best way to prevent the flu. You need two kinds of flu vaccines this year: Seasonal flu and H1N1 flu (previously called the “swine flu”).

Flu shots are most important for people at high risk and their close contacts. These people include:

| Seasonal Influenza<br>Priority Group   | H1N1 Influenza<br>Priority Group   |
|--|--|
| <ul style="list-style-type: none"><li>• Pregnant women</li><li>• Children aged 6 months through 18 years</li><li>• People 50 years of age and older</li><li>• Persons with chronic medical conditions, such as Asthma, Diabetes, Obesity or Heart Disease</li><li>• Persons who have a weakened immune system, such as from medications or HIV infection</li></ul> | <ul style="list-style-type: none"><li>• Pregnant women</li><li>• Persons between the ages of 6 months and 24 years old</li><li>• Persons with chronic medical conditions, such as Asthma, Diabetes, Obesity or Heart Disease</li><li>• Persons who have a weakened immune system, such as from medications or HIV infection</li><li>• People who live with or care for children younger than 6 months of age</li></ul> |

#### **12/17/09 Update:**

The supply of H1N1 vaccine has steadily increased and is now available to everyone – and everyone is encouraged to get it!

Until now, doses were reserved for priority groups in an effort to protect those who are most susceptible to the flu virus. Now the vaccine is widely available, and virtually every American has access to the vaccine. People in the priority groups are still encouraged to get vaccinated if they haven't already done so.

## Number of Shots Needed:

| Seasonal Influenza   | H1N1 Influenza   |
|--|--|
| Some children will need two doses of seasonal influenza vaccine. Please talk to your doctor about how many doses your child will need. | <ul style="list-style-type: none"><li>• Children 9 years old and younger need 2 doses</li><li>• Children 10 – 17 years old need 1 dose</li><li>• Adults 18 and older need 1 dose</li></ul> |

## 2. Clean hands save lives!

- Wash your hands often to protect yourself from germs.
- Rub your hands together for at least 20 seconds with soap if possible.
- Alcohol-based hand wipes or sanitizers work well too.
- Don't touch your eyes, nose or mouth. This is how germs can spread.
- [Click here](#) for more tips on hand washing!



## 3. Limit your contact with sick people!

- Individuals can be infectious for up to 7 days from onset of illness. You are most infectious the 24 hours after fever has passed, usually 3 to 5 days.
- Cover coughs and sneezes with disposable tissue or your elbow.
- Pregnant women, people 65 and older with underlying health conditions and people with weakened immune systems, chronic medical conditions and young children should avoid close contact (within 6 feet) with household members who are sick.
- Infants should not be cared for by sick family members.



## [Caring for Seasonal and H1N1 flu at home](#)

## [What to do if you get flu-like symptoms?](#)

## Where can I get the Seasonal and H1N1 flu vaccines?

- Check with your doctor first
- Call Health Choice Arizona Member Services, Monday - Friday, 6:00 AM – 6:00 PM at 1-800-322-8670 or 480-968-6866. TTY users should call 1-800-842-4681 to learn more about where you can get vaccines
- Come to Health Choice Arizona Flu Clinics. Use this link to find a Mollen Clinic location by zip code:

<http://www.mollen.com/>

## Where can I get more information on the Seasonal and H1N1 Flu?

- Community Information & Referral has a dedicated flu hotline at 1-877-764-2670, 602-324-2814 or visit <http://www.cir.org/seasonal-flu-county.html>
- Stop The Spread at <http://www.stopthespreadaz.org>
- Arizona Department of Health Services at <http://www.azdhs.gov/>
- U.S. Department of Health & Human Services at <http://www.flu.gov/>