


Support for Preble County General Health District activities is provided in part by the health district levy (Issue 11 on the November ballot)



Resources

- ♦ Ohio Department of Health H1N1 Flu Hot Line
1-866-800-1404
- ♦ www.cdc.gov/flu
- ♦ www.flu.gov
- ♦ www.odh.ohio.gov

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H1N1 Influenza
and
Seniors

WHAT YOU
NEED TO
KNOW



Are healthy Seniors susceptible to the H1N1 influenza?

- ◆ Current studies indicate the risk for infection among persons age 65 or older is less than the risk for younger age groups.
- ◆ It appears that older persons, who have been exposed multiple times in their life time with various flu outbreaks, may have residual immunity of which some of it is against this H1N1 flu strain
- ◆ At this time, there are few cases and few deaths reported in people older than 64 years old, which is unusual when compared with seasonal flu.

How do Seniors protect themselves against H1N1 influenza?

- ◆ Get your annual flu shot. The H1N1 vaccination will be made available to Seniors once those at high risk for developing serious complications from the illness have been vaccinated.
- ◆ Avoid close contact with sick people or people who appear to have flu symptoms.
- ◆ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ◆ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- ◆ Avoid touching your eyes, nose or mouth. Germs spread this way.
- ◆ Do not share personal items with others.

What are the symptoms of H1N1 Influenza?

- ◆ Fever greater than 100° F
- ◆ Cough
- ◆ Runny or stuffy nose
- ◆ Sore throat
- ◆ Headache
- ◆ Body aches
- ◆ Chills & fatigue
- ◆ Diarrhea & vomiting

Call your health care provider if you experience flu-like symptoms.

References
Center for Disease Control