

The St. Lucie County Health Department is your trusted authority on local health issues.



**St. Lucie County Health Department**

*A Healthier Future for the People of St. Lucie County*

For the latest information, call toll-free

**1-877-FLA-FLU1**

1(877) 352-3581

It is available 24 hours a day, seven days a week.

An operator is available 8 a.m. to 8 p.m.

Information is available in English, Spanish and Creole.

[www.myflusafety.com](http://www.myflusafety.com)

[www.flu.gov](http://www.flu.gov)

[www.stluciecountyhealth.com](http://www.stluciecountyhealth.com)



*Cover your coughs  
and sneezes*



We have access to the latest information and can help you stay on top of what's happening this flu season.

Top 10 H1N1 Swine Flu Questions

ST. LUCIE COUNTY HEALTH DEPARTMENT

**KNOW  
WHAT TO DO  
ABOUT  
THE H1N1  
SWINE  
FLU**

[www.stluciecountyhealth.com](http://www.stluciecountyhealth.com)

# TOP 10 H1N1 SWINE FLU QUESTIONS

## 1 What is the H1N1 swine flu?

The H1N1 swine flu is a new strain of the flu virus. It was first detected in the United States in April 2009.

## 2 How do I know if I have the H1N1 swine flu?

The symptoms may include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people have also had diarrhea and vomiting.

## 3 How serious is the H1N1 swine flu?

Most people with H1N1 swine flu get better without a doctor's help. People who have certain medical conditions may be more at risk of developing serious complications. These conditions include pregnancy, diabetes, heart disease, asthma and kidney disease, among others.

## 4 What can I do to keep from getting the H1N1 swine flu?

You can prevent the flu in the same way that you can prevent catching a cold:

- Wash your hands or use hand sanitizers often, especially before you eat or touch your mouth, nose or eyes
- Cover your sneezes and coughs with a tissue or your sleeve (not your hands)
- Try to avoid close contact with sick people
- If you have a fever, stay home for at least 24 hours after your fever is gone without the use of a fever reducing drug except to get medical care or for other necessities.

## 5 What is the difference between the H1N1 swine flu and the seasonal flu?

With the seasonal flu, people over 64 years old are at high risk for flu-related complications and should take steps to prevent the flu. The H1N1 swine flu affects people under 25 more than those who are older. People over 64 years old seem to be less affected.

## 6 When will the vaccination be available?

Seasonal flu vaccinations are available now. We expect initial H1N1 swine flu vaccine allocations to begin arriving in mid to late October.

## 7 Where can I get it?

The 2009 H1N1 swine flu vaccination will be available through healthcare providers. We will keep an updated list of locations, dates and times on our website and make it available through the media.

## 8 Who should be vaccinated?

The following groups are at high risk and should be vaccinated first:

- Pregnant women
- People who live with or care for infants younger than 6 months
- Persons age 6 months to 24 years
- People age 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza



- Healthcare providers and emergency medical service workers with direct patient contact.

## 9 I am not at high risk. Can I still get vaccinated?

At first, there will be limited quantity and those at higher risk will be the first priority. Eventually there will be enough vaccine for everyone.

## 10 How do I get the latest swine flu information?

Log on to our website:

[www.stluciecountyhealth.com](http://www.stluciecountyhealth.com) for the latest information or call 1-877-352-3581 toll-free. It is available 24 hours a day, seven days a week and an operator is available 8 a.m. to 8 p.m.



[www.stluciecountyhealth.com](http://www.stluciecountyhealth.com)