



SENIOR CITIZENS

H1N1 Information

There is a lot of information circulating about the H1N1 influenza virus. Your Local Public Health Agency would like to provide you with the most up-to-date information so that you may protect yourself, your family and our community.

The good news is that evidence shows that people 65 and older have a lower risk of getting sick with H1N1 than any other group.

The H1N1 vaccine has arrived in Missouri. Local health department administrators know their population better than anyone else, so each county is distributing the vaccine differently. Most local health departments are working to give H1N1 vaccine to those with the highest risk of infection first. These groups include:

- Pregnant women
- Caregivers and household contacts of infants under 6 months old
- Health care and emergency service workers with direct patient care
- Children
- Young adults age 19-24
- People age 25-64 with chronic health conditions

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*For more information,
contact your local public health department
or visit www.FightTheFluMO.com*

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Everyone will be given a chance to be vaccinated, if they choose. The vaccination process will take time due to the limited availability of the vaccine. We would ask that our community be patient as we work diligently to administer the vaccine as safely and efficiently as possible.

The H1N1 vaccine does NOT replace the seasonal flu vaccine. Thank you for taking part in the seasonal flu clinic as you wait patiently for a chance to receive the H1N1 vaccine.

You can protect yourself from flu viruses by practicing the following:

- Washing hands often with soap and water. If soap is not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Keep a distance of at least 6 feet from people who are sick.
- Make healthy lifestyle choices including getting plenty of sleep, staying active, and drinking water.
- Stay home if you are sick. Remain home until 24 hours after your fever goes away, without the use of fever-reducing medication.
- Cover your cough or sneeze by sneezing into your elbow. Wash your hands after coughing or sneezing.
- Clean common surfaces.

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