COUGH...SNEEZE...ACHE... It’s flu season and you are ill.

Is it H1N1 or Seasonal Flu? Sometimes it’s hard to tell since many of the symptoms overlap.

Here are some facts about H1N1 and Seasonal Flu and steps you can take to protect your health.

**IS IT SEASONAL FLU OR H1N1?**

- Both Seasonal Flu and H1N1 have similar symptoms (fever, chills, body aches, fatigue, cough, and headache). However, some stomach symptoms – such as nausea, vomiting, and diarrhea – are more common with H1N1 and affect up to 25% of those infected.
- Seasonal Flu typically arrives in late fall/winter, but there is expected to be overlap with H1N1 which has had outbreaks during spring and summer.
- Both Seasonal Flu and H1N1 are self-limiting so most healthy individuals recover normally and don’t need treatment.

**HIGH RISK GROUPS**

- While anyone can get either strain of influenza, those at highest risk for contracting H1N1 include school age children and young adults (17-24 years). Older individuals, especially those over 65, are less likely to get H1N1 – possibly due to residual immunity from similar strains.
- People at high risk for complications from Seasonal Flu are equally susceptible to complications from H1N1. High risk conditions include pregnancy, diabetes, immunosuppression, lung disease (such as asthma), renal disease, and heart disease (excluding high blood pressure). People with these pre-existing health issues should take special care to protect themselves (e.g., vaccination, hand-washing, avoiding crowds, etc.) and see their healthcare provider if they develop flu-like symptoms.

**SHOULD I BE TESTED FOR H1N1 IF I BECOME ILL?**

- Most people who are otherwise healthy, and have mild symptoms, do not need to be tested or treated. Check with your healthcare provider if you are very ill or are considered to be at high risk for complications with influenza, to see if treatment is recommended.

**SHOULD I GET THE VACCINE?**

- Yes. There are two vaccines this year: One for the seasonal flu and one for H1N1. Those in a high risk group should make it a priority to get both vaccines.
- H1N1 will be administered to high risk groups first – especially healthcare workers – and offered to others as supplies become available.
- FOH health staff will notify their populations when vaccine is available locally.

**HOW DO I PROTECT MYSELF AGAINST SEASONAL FLU AND H1N1?**

- Get vaccinated.
- Wash your hands before touching your face (use hand sanitizer if soap is not available).
- Cover your cough with tissue or cough into your sleeve. Throw the tissue away.
- Avoid sick people – stay 6 feet away from others who are coughing or sneezing.
- Eat a balanced diet, exercise and get adequate sleep.
- Stay home if you get ill for at least 24 hours after a fever has subsided.
- Visit [www.flu.gov](http://www.flu.gov) for the latest news from the CDC.