



FOR IMMEDIATE RELEASE

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Seasonal Flu Vs. H1N1 (Swine) Flu

Know the Difference

Troy, MO – As the public becomes increasingly concerned about the threat of the H1N1 virus, many parents are generally inquiring about what precautions to take. Everyone is faced with confusing and conflicting messages regarding seasonal influenza and H1N1 (Swine Flu).

People are frequently asking:

- Does the seasonal flu vaccine provide protection against the H1N1 virus?
- What can I do to protect my family from getting infected with H1N1 and the seasonal flu?
- Is it possible to receive the seasonal flu shot too early?
- What are the symptoms for seasonal flu vs. H1N1 (Swine Flu)?

The Centers for Disease Control and Prevention (CDC) is emphasizing that protection for seasonal flu is critical. The flu (influenza) is an infection of the nose, throat, and lungs caused by influenza viruses. Flu viruses cause illness in the United States each year. There are many different flu viruses.

Symptoms of seasonal flu and novel H1N1 Flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also experience vomiting and diarrhea.

Novel H1N1 flu is a new and very different influenza virus that is spreading worldwide. This new virus is unpredictable and spreads similar to the way seasonal influenza viruses spread, mainly from person to person through coughing or sneezing by people who have influenza.

The seasonal vaccine is not expected to protect against the 2009 H1N1 virus because it is very different genetically from the seasonal H1N1 virus that is in this season's vaccine., but a vaccine against 2009 H1N1 is being produced.

To protect yourself and your family, get a seasonal flu vaccine for yourself and your child to protect against seasonal flu viruses. CDC recommends that people get their seasonal flu vaccine as soon as vaccine becomes available in their community. Vaccination before December is best since this timing ensures that protective antibodies are in place before flu activity is typically at its highest.

In order to stay healthy and prevent spreading the flu, we suggest you:

- Cover your mouth and nose when you cough or sneeze.
- **WASH YOUR HANDS** or use hand sanitizer frequently.
- Avoid touching your eyes, nose or mouth.
- Avoid sick people.
- Stay home if you are sick. Don't infect others.

For additional information, visit www.cdc.gov or www.flu.gov.

Be sure to check your local newspaper each week for updates.