



# KHAUB THUAS YOG DAB TSI & YUAV TIV THAIV LI CAS

To taub txog thiab tiv thaiv kom tus khaub thuas H1N1 thiab khaub thuas txhua xyoo txhob kis

## KHAUB THUAS H1N1 YOG DAB TSI?

Tus khaub thuas H1N1 (tej thaum hu ua “khaus thuas aws npua”) yog ib hom kab mob uas muaj cov kev mob zoo li thaum ua khaub thuas txhua xyoo. Cov kev mob muaj xws li ua npaws, hnoos, mob caj pas, mob ib ce, dias taub hau, ua daus no thiab qaug zog. Ib txhia tib neeg uas muaj tus khaub thuas H1N1 kuj tau qhia tias lawv raws plab thiab ntuaiv.

Tus khaub thuas H1N1 kis tau yooj yim heev. Khaub thuas yog kis tau los ntawm kev hnoos, txham los sis ib tus neeg uas twb ua khaub thuas lawm. Tej thaum tib neeg muaj feem kis tau tus kab mob no los ntawm kev kov rooj tog tsis huv uas muaj kab mob lawm thiab muab koj los so lawv qhov muag, qhov ntswg los sis qhov ncauj.

## TIV THAIV KHAUB THUAS LI CAS

Tiv thaiv khaub thuas yog nyob ntawm koj los ntawm kev:

Tiv thaiv khaub thuas yog nyob ntawm koj los ntawm kev:



### GET VACCINATED

Get vaccinated. You need two different vaccines to be protected from the flu this year: One to protect against H1N1 flu and another to prevent the seasonal flu.



### COVER YOUR COUGH

Cover your mouth and nose when you cough or sneeze. Use a tissue, sleeve or the inside of your arm to cover your mouth and nose.



### WASH YOUR HANDS

Wash your hands often with soap and water. Alcohol-based hand sanitizers can also be effective.



### STAY AT HOME WHEN YOU'RE SICK

Stay at home for 24 hours after your fever is gone without the use of fever-reducing medicines.

Avoid spreading germs. People can get sick by touching a surface or object with flu viruses on it and then touching their eyes, nose or mouth.





# WHAT IS THE FLU & HOW TO STOP IT

Understand and stop the spread of H1N1 flu and the seasonal flu

When vaccine availability is plentiful, getting vaccinated is a good idea for most everyone. Meanwhile, the target groups for vaccine – which include those individuals at highest risk – are different.

## The following people should get the H1N1 flu vaccine:

- Pregnant women
- People who live with or provide care for children younger than six months of age
- Health care and emergency medical services personnel
- People between six months and 24 years of age
- People 25 through 64 years of age who are at higher risk because of chronic health disorders, such as asthma, diabetes or a weakened immune system

## The following people should get the seasonal flu vaccine:

- Pregnant women
- People between six months and 19 years of age
- People age 50 and older
- People of any age with chronic health disorders, such as asthma, diabetes or a weakened immune system
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from the flu, including health care workers, anyone living with or caring for a child under five, or an adult over 50 years of age

Children younger than 10 years of age are recommended to receive two doses of the H1N1 flu vaccine, but may need only one dose of the seasonal flu vaccine if they have been vaccinated in past flu seasons.

## There are some people who should not get any flu vaccine without first consulting a health care provider. These include:

- People who have a severe allergy to chicken eggs;
- People who have had a severe reaction to a flu vaccination;
- People who developed Guillain-Barré Syndrome (GBS) within six weeks of getting any flu vaccine previously;
- Children younger than six months of age (flu vaccine is not approved for this age group); and
- People who have a moderate-to-severe illness with a fever should wait until they recover to get vaccinated.

If you have a mild cold or other illness, there is usually no need to wait to get a flu shot. Also, be sure to tell the person giving you the vaccine if you have any severe allergies. Pregnant or breastfeeding women can get inactivated, injectable H1N1 flu or seasonal flu vaccines, but not the nasal spray.



For more information, visit [www.cdph.ca.gov](http://www.cdph.ca.gov) or call the flu hotline at [1-888-865-0564](tel:1-888-865-0564).

