

WHAT IS H1N1?? TO LEARN MORE: <http://www.h1n1inpa.com/>

H1N1 spreads the same way seasonal flu does: from person-to-person. The virus can live on hard and soft surfaces anywhere from 2 to 8 hours after being touched by an infected person. That's why it's important to keep your hands clean, avoid touching your face and cough or sneeze only into a tissue or your sleeve.

Got the Flu? Stay at Home

Unless you are headed to the doctor, stay at home until you are well – it's one of the best ways to keep H1N1 from spreading. And you must stay at home until at least 24 hours after your fever ends without the use of fever-reducing medication. Watch for worsening symptoms, which may require you to seek emergency medical care.

Finding H1N1 Vaccine

Due to a delay in vaccine production nationwide, the fastest way to find vaccine in your area is to talk to your healthcare provider. As supply levels improve, there will be public vaccination sites.

The limited number of doses that are available are targeted to those who are at greatest risk from H1N1, including pregnant women; individuals six months to 24 years old; healthcare providers and EMS workers; parents, household members or caregivers of children under 6 months; and those under 65 with certain underlying medical conditions.

Be Ready for the Unexpected Be ready with a plan in case you or your children must stay home due to illness or school, child care or business closings. It's important to make arrangements with neighbors, friends and family members who would be willing to help care for a child that remains home due to a school closing or illness. People caring for others who are sick with H1N1 can take steps to reduce the risk of becoming ill.

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(PA DEPARTMENT OF HEALTH WEBSITE)

FOR NATIONAL INFO: 