



# Grace

# Doctor's Ministry



**What are the symptoms of the flu?** The symptoms for seasonal flu and swine flu are similar

*Table adapted from <http://www.flu.gov/individualfamily/about/symptoms/index.html>*

Seasonal Flu	H1N1 (Swine) Flu
All types of flu can cause:	Same as seasonal flu, but symptoms may be more severe.
<ul style="list-style-type: none"> <li>Fever</li> <li>Coughing and/or sore throat</li> <li>Runny or stuffy nose</li> <li>Headaches and/or body aches</li> <li>Chills</li> <li>Fatigue</li> </ul>	<ul style="list-style-type: none"> <li>Fever</li> <li>Coughing and/or sore throat</li> <li>Runny or stuffy nose</li> <li>Headaches and/or body aches</li> <li>Chills</li> <li>Fatigue</li> </ul>
	In addition to the above symptoms, a number of H1N1 (swine) flu cases reported:
	<ul style="list-style-type: none"> <li>Vomiting</li> <li>Diarrhea</li> </ul>

## Flu and You

Prepared by Dr. Suzette Oyeku  
on behalf of Grace Doctor's Ministry

### What is the flu?

- The flu is a contagious respiratory illness caused by different types of influenza viruses.
- There are currently two strains of flu that are circulating in the US: **1) Seasonal flu and 2) H1N1 or Swine flu.**
- It is spread person to person and to lead to mild to severe illness and in some cases it can be deadly.

### How can you prevent getting the flu?

- Get the flu vaccine!**
- This year, there are two vaccines available. One for seasonal influenza and another for swine flu.**

### Where can you get Flu vaccine?

- If you live in NYC, call 311 for immunization clinics
- If you live in Westchester County, contact Westchester County Department of Health who is offering limited clinics, at select senior centers, for regular flu; pre-registration is necessary. Call (914) 813-5000 if you are over age 50 or 18 to 49 with a chronic medical condition.

### **Who should receive the seasonal influenza vaccine?**

Seasonal flu vaccine is currently available at doctor's offices, retail pharmacies and health department immunization clinics within NYS

- Children aged 6 months to 18 years
- Pregnant women
- Health care workers
- People aged 50 and older
- People with long-term health problems (*diabetes, asthma, heart disease, sickle cell disease, weak immune system (i.e. from HIV or cancer treatment), seizure disorder.* \*Please note this is not a complete list of long term health problems \*
- People in nursing homes and other long-term-care facilities
- Household members and caregivers of children under 5 – especially infants younger than 6 months. (Babies this age can get the flu, but are too young for a flu shot.)
- People living with or caring for others who are over 50
- People living with or caring for others who have long-term health problems

### **Who should receive the new H1N1 (Swine flu) vaccine?**

**The Swine flu vaccine should be available by mid to late October 2009 at local doctor's office and department of health clinics**

- Pregnant women
- People aged 6 months to 24 years
- People living with or caring for children younger than 5 – especially infants younger than 6 months. (Babies this age can get the flu, but are too young for a flu shot.)
- Health care and emergency medical services workers
- People aged 25 to 64 years with long-term health problems (as listed above) and those caring for them.

**People aged 65 and over are not at high risk of illness from H1N1 flu, and do not need to receive the H1N1 flu vaccine.**

### **How can you prevent the spread of the flu and other respiratory infections?**

- Cover your mouth and nose when you cough or sneeze. Use a tissue or the inside of your elbow – not your hand.
- Wash your hands often with soap and water, especially after you cough or sneeze. Or use an alcohol-based hand cleaner.
- Don't get too close to people who are sick. Maintain a distance of 3 feet.
- **If you have a flu-like illness, please stay home from Sunday worship services. This will help to decrease the spread of the flu**

*If you are sick and at home, you can still worship via the Grace website at <http://www.gracebapt.org/livewebcast.html>*

### **For more information:**

Centers of Disease Control and Prevention: <http://www.flu.gov/index.html>

H1N1 Flu: A Guide for Community and Faith-based Organizations:

<http://www.flu.gov/professional/community/cfboguidance.html>

NYC Department of Health: <http://www.nyc.gov/html/doh/html/flu/flu.shtml>

Westchester County Department of health: <http://www.westchestergov.com/HEALTH/>