



## H1N1 Frequently Asked Questions

### What is H1N1?

- Highly contagious viral infection that spreads by droplets
- Generally not more severe than regular flu except in high risk populations like pregnant women and infants

### What are the signs/symptoms of H1N1?

- Fever and lack of energy
- Headache and muscle aches
- Dry cough and sore throat

### How will the H1N1 vaccine be distributed?

- Federal government has purchased ALL vaccine
- Limited supply at this time
- Will be distributed to ProHealth offices by Department Of Public Health for priority populations

### What are the “Priority Populations”?

- Health care workers
- Pregnant women
- Household contacts with children <6 months
- Not currently available to adults unless serious medical condition

### What steps can I take to avoid becoming infected with H1N1?

- Wash your hands frequently
- Do not touch contaminated surfaces
- Stay away from people who are feverish, coughing or sneezing

### Call-to-Action

- Get the H1N1 vaccine if you are in a priority group (expected availability: mid-October)
- Everyone should get their regular seasonal flu shot now
- Go to website for more information [www.prohealthmd.com](http://www.prohealthmd.com) or [www.flu.gov](http://www.flu.gov)