



Flu Facts

from the Atlantic County Division of Public Health

Seasonal Influenza is a respiratory illness that can be transmitted from person to person.

An annual seasonal flu vaccination is the best way to protect yourself against seasonal flu.

Residents at high risk for infection are encouraged to get a seasonal flu shot. They include:

- Those age 50 and over
- Adults with chronic heart or lung conditions including asthma, diabetes, chronic kidney disease, or a weakened immune system
- Women who will be pregnant during the influenza season (*November—March*)
- Healthcare personnel and home caregivers who provide direct patient care
- Household contacts and out of home caregivers of children under 5 years of age
- Children ages 6 months to 18 years upon consultation with a physician

Novel H1N1 Influenza (swine flu) is a new influenza virus causing illness in people. This new virus was first detected in the U.S. in April 2009, and has spread to many countries around the world.

The Centers for Disease Control (CDC) anticipate that an H1N1 vaccine will be ready for distribution in October. According to the CDC, those at greatest risk for H1N1 differ from those at risk for seasonal flu. These populations currently include:

- Pregnant women
- Caregivers of infants less than 6 months of age
- Persons from 6 months thru 24 years of age
- Health Care Workers and Emergency Medical Service Personnel
- People from ages 25 through 64 with underlying health conditions

A seasonal flu shot will not protect you against H1N1 influenza, but may reduce the number of hospitalizations and visits to the doctor and emergency rooms.



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Symptoms of Seasonal Influenza and Novel H1N1 Influenza are similar and include:

- Sore throat
- Fever
- Headache
- Vomiting and diarrhea (*linked more closely to H1N1 but can be experienced with either flu strain*)
- Muscle ache and soreness
- Congestion
- Cough

Prevent influenza and the spread of germs by practicing proper hygiene including:

- Frequent hand washing
- Covering coughs and sneezes
- Avoid touching your eyes, nose or mouth
- Staying home if you are sick
- Seeing a healthcare provider

Contact Information:

Atlantic County Public Health Flu Hotline: 677-5720

Atlantic County Public Health: 645-5933

Atlantic County Web site: www.aclink.org



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