

## FACT SHEET

### H1N1 INFLUENZA 11/1/09

**H1N1** (or “Swine Flu”) is caused by a virus that infects the nose, throat, and lungs, and it spreads between humans in a way that is similar to Seasonal Flu. **H1N1 and Seasonal Flu are NOT the same virus, but they both cause “Influenza or the Flu.”**

#### What are symptoms of H1N1?

- fever (100. F or 37.8 C)
- cough
- sore throat
- headache
- extreme tiredness
- runny or stuffy nose
- muscle aches
- stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults

#### Is there a vaccine for H1N1 Influenza?

**Yes.** However, it is not the same as the seasonal influenza vaccine. You will need two shots, one for seasonal influenza and one for H1N1 influenza.

#### Who should get the H1N1 vaccine?

The New Hampshire Department of Health and Human Services (NHDHHS) has prioritized the highest risk groups to receive this *new* H1N1 vaccine as follows:

##### First Target Group:

- Pregnant woman
- Healthcare and EMS workers with direct patient contact
- Children 6 months - 18 years old with medical conditions

##### Second Target Group:

- All children 6 months - 4 years old
- Persons caring for or living with infants under the age of 6 months

##### Third Target Group:

- All Healthcare workers and EMS personnel
- Anyone 6 months - 24 years old
- Anyone 24 - 64 years of age with medical conditions

##### Last Target Group:

- All others (general public)

#### When and how will the H1N1 vaccine be delivered in our community?

We have received small initial shipments of H1N1 vaccine, and we have begun offering the vaccine to the first target groups identified by the NHDHHS (as indicated in the list above) in our affiliated provider practices. Once we receive sufficient supplies of vaccine, and the NHDHHS requests that we expand to the second, and then the third target groups, and finally the general public, we will do so.

#### How many shots of the H1N1 will you need?

- **10 years and older – one shot**
- **Under 10 years of age – two shots, one month apart**

#### Can I get the flu from the H1N1 vaccine?

No, you cannot.

For more information on H1N1, visit the DHHS website at [www.dhhs.nh.gov](http://www.dhhs.nh.gov). *For more information regarding flu vaccinations in the Lakes and Three Rivers regions, visit [www.lrg.org](http://www.lrg.org)*