

# The Flu News



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## What New Jersey Seniors and Their Families Need to Know About Influenza

### Autumn 2009 Edition

## Get Ready for Flu Season

The months of October through March are usually considered the official “flu vaccine season.” This year, however, influenza immunizations started earlier.

### Plan on Two Flu Shots

Experts say that many people will need to get two different influenza vaccines: one for seasonal flu and the other for H1N1 (swine flu). Seasonal flu vaccine clinics began in early September.

As for H1N1, the New Jersey Department of Health and Senior Services advised healthcare providers to vaccinate older adults **only** after high-risk groups are immunized. (These include children aged 6 months through 18 years old, young adults from age 19 through 24 years old, and pregnant women.)

### Don't Delay

Make plans to get your seasonal flu vaccination now!

### Where Can You Get Your Flu Shots?

Many physician offices have seasonal flu vaccine available. The New Jersey Department of Health and Senior Services website lists flu clinics sponsored by local health departments, as well as pharmacies, supermarkets, and other stores. For clinic locations, as well as general flu information, go to:

<http://www.nj.gov/health/flu/>.

### How Do You Know If You Might Have The Flu?

Typical flu symptoms include:

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Runny or stuffy nose
- Muscle aches
- Sore throat
- Vomiting
- Diarrhea (sometimes)

## Who We Are ...

Healthcare Quality Strategies, Inc., (HQSI) is the nonprofit Medicare quality improvement organization (QIO) for New Jersey. We partner with healthcare providers, organizations, communities, and consumers to make healthcare safer, more efficient, and more effective.

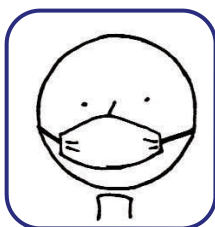
### Benefits of Antiviral Drugs

The single best way to avoid the flu is to get vaccinated. If you do get it, antiviral drugs can make the illness milder. Influenza antiviral drugs work best when started within two days. Even after 48 hours, treatment should still be considered for people at high risk for influenza-related complications. Ask your doctor about what is best for you.

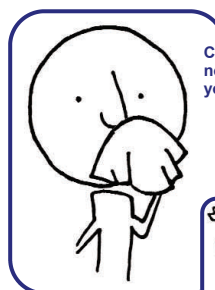
### Where Can You Learn More?

Get the most up-to-date national information about both seasonal flu and swine flu at: <http://www.flu.gov>.

## Stop the spread of germs that make you and others sick!



You may be asked to put on a surgical mask to protect others.

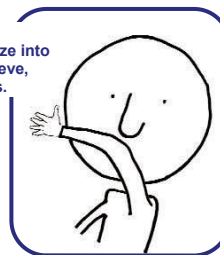


Cover your mouth and nose with a tissue when you cough or sneeze

or  
Cough or sneeze into your upper sleeve, not your hands.



Put your used tissue in the waste basket.



Wash hands with soap and warm water for 40-60 seconds

or  
clean with alcohol-based hand cleaner for 20-30 seconds.

