

The New Hampshire Immunization Program

uses federal, state and insurance funds to supply
influenza vaccine, as available, at no cost to
health care providers for all children who meet
the current guidelines.

Contact Information

Department of Health & Human Services
Division of Public Health Services
IMMUNIZATION PROGRAM

603-271-4482

NH toll free 800-852-3345 x4482

29 Hazen Drive

Concord, NH 03301

www.dhhs.nh.gov

COMMUNICABLE DISEASE CONTROL AND SURVEILLANCE SECTION

603-271-4496

toll free 800-852-3345 x4496

29 Hazen Drive

Concord, NH 03301

www.dhhs.nh.gov

FOR ADDITIONAL INFORMATION VISIT:

The Centers for Disease Control & Prevention
website on the flu: www.cdc.gov/flu

The American Lung Association website can help
you find a flu clinic in your area:

www.findaflushot.com/lungusa

TTD ACCESS: 800-735-2964



DHHS
Division of Public Health Services
NH Immunization Program
29 Hazen Drive
Concord, NH 03301

What to do to prevent the FLU

TIPS ON STAYING
HEALTHY DURING
THE 2004–2005
FLU SEASON



NH Immunization Program

DEPARTMENT OF HEALTH & HUMAN SERVICES
DIVISION OF PUBLIC HEALTH SERVICES

AN UPDATE ON THE 2004–2005 FLU SEASON

*Influenza information
to help you this flu season*

Symptoms & Spread of the Flu

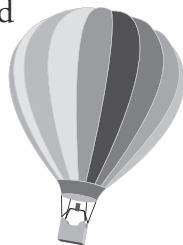
Influenza (commonly called the “flu”) is a contagious respiratory illness caused by the influenza virus. An estimated 200,000 Americans are hospitalized and 36,000 die each year from complications of the flu.

Symptoms of the flu include:

- Headache
- Sudden high fever
- Tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Nausea, vomiting & diarrhea*

*Much more common among children than adults.

The influenza virus is spread when a person who has the flu coughs, sneezes or speaks, and spreads the virus into the air. Other people then inhale the virus. The virus can also be spread when a person touches a surface with the flu virus on it (for example, a door handle) and then touches his or her nose or mouth.

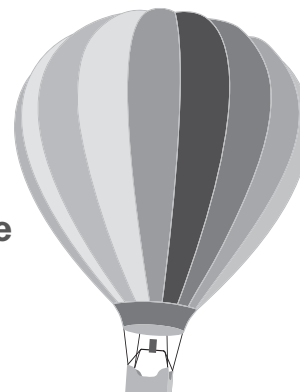


Who Should Be Vaccinated?

The State of New Hampshire revised priority guidelines for “at risk” groups:

- All children 6 months to 23 months.
- Adults 65 years of age and older—Priority should be given to adults 65 years and older with one or more chronic medical conditions.
- Children 6 months to 18 years on chronic aspirin therapy.
- Persons aged 2 years to 64 years with underlying chronic medical conditions—Priority should be given to those with heart, lung or kidney disease and those with weakened immune systems due to HIV/AIDS, long-term steroid treatment or cancer treatment.
- Residents of nursing homes and long-term care facilities.
- All women who are pregnant during the flu season.
- Health care workers involved in direct patient care—Priority should be given to health care workers who provide direct patient care for highly immunosuppressed patients.
- Out-of-home caregivers and household contacts of children younger than 6 months—Priority should be given to those who live with and routinely care for children younger than 6 months of age.

**If you have any
questions or concerns
please call the
NH Toll Free Flu Hotline
866-273-6453**



Prevention

The single best way to prevent the flu is to get an annual flu vaccination. Other good health habits for prevention include:

- Wash your hands regularly.
- Cover your mouth and nose with a tissue when you cough or sneeze and throw the tissue away. Remember to wash your hands.
- Wash your hands before touching your eyes, nose or mouth.
- Avoid close contact with people who are sick.

If You Get Sick...

- Stay home from work, school and errands when you are sick. You will help prevent others from getting sick.
- If you get the flu, you should get plenty of rest, drink a lot of liquids, and avoid using alcohol and tobacco.
- If your flu symptoms are unusually severe (for example, if you are having trouble breathing), you should consult your health care provider right away.
- If you are at special risk from complications of flu, you should consult your health care provider when your flu symptoms begin. This includes people 65 years or older, people with chronic medical conditions, pregnant women and children.

