



- You may not know it; but if you were sick last year you could have already had H1N1.
- In fact, H1N1 has pretty much replaced our seasonal flu this year.
- It is very important to get your shot this year because it will protect you from H1N1!

Below are some of the questions people ask about how H1N1 and the Seasonal Flu are the same and different from each other.

How they are different:	Seasonal Flu	H1N1
How long have they been around?	The Seasonal Flu had been around for a very long time and changes a little every year.	H1N1 is a very new Virus and has not been around long enough to change.
How easy are they to catch?	Because the Seasonal Flu changes a little every year, you usually have some immunity to it if you have had it in the past.	Because H1N1 is so new, people have little to no immunity to it at all! People catch H1N1 very easily.
Who is the most at risk of getting <i>really</i> sick?	People 65 years old or older.	Anyone between the ages of 18 – 64 years old. People who get sick often (or have a chronic illness) are more at risk.
When are you most likely to get sick?	During the early winter months.	Late spring and summer. H1N1 comes in waves.

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How they are the same?	Seasonal Flu	H1N1
What type of illnesses are they?	<p>Both the H1N1 and the Seasonal Flu make you sick in the same way.</p> <p>They both affect your lungs and how you breathe.</p>	
How you feel when you are getting sick? (Your symptoms)	<p>Both H1N1 and the Seasonal Flu share the same symptoms:</p> <ul style="list-style-type: none"> • Headache & Body aches • Runny nose • Chills • Tiredness 	
How do get you sick with each virus?	<p>With both H1N1 and the Seasonal Flu you get sick by taking someone else's germs into your body.</p> <p>Germs can enter into your body through your eyes, nose, or mouth.</p> <p>If someone sneezes, coughs, talks, or kisses you (or something you touch) you can get sick.</p>	
How long can germs live outside our bodies?	<p>Both viruses can live up to 1 day outside our bodies on things like:</p> <ul style="list-style-type: none"> • Telephones • Keyboards and Mice • Doorknobs • Tables • Almost anything we touch!!! 	

With both H1N1 and the Seasonal Flu, the two most important things you can do to stay healthy are:

Get your Flu Shot every year!

-and-

Wash your hands often and as best as you can!

For more information on H1N1, the Seasonal Flu, and where to get your Flu Shot for free, call Contra Costa Health Services at 925-313-6469 or go to www.cchealth.org