



Joint Information Center 2009 H1N1 Response

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Make Flu Prevention Personal in 2010

(Phoenix, AZ) Is your 2010 resolution to be healthier? If getting in shape or taking better care of yourself is one of your resolutions, don't forget a flu shot. Vaccinations are one of the easiest ways to make sure you are the healthiest you can be.

"Flu shots are the best way to protect you and your family from influenza," said ADHS Interim Director Will Humble. "Getting a flu shot goes right along with eating healthy foods, getting enough sleep, quitting smoking, and exercising. These simple steps are the basis for a better, healthier life."

Arizonans can make prevention personal every day by taking steps to protect against catching the flu and passing it on. These behaviors can ward off the fever, chills, and fatigue that make you feel miserable and keep you in bed and home from work.

A recent Arizona State University survey of 700 households confirmed that nearly 98 percent of participants believe hand-washing helps protect against H1N1 flu. This is correct; ADHS advises hand-washing as a simple solution to stay healthy.

"When we call these health precautions 'simple,' we mean they are easy to remember and easy to apply," Humble said. "But it doesn't mean they aren't important. Actions like these slow the spread of germs and viruses."

Wash your hands often with soap and water, especially after coughing, sneezing or blowing your nose. Use alcohol-based hand sanitizer when soap is unavailable.

Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.

Stay home if you are sick and avoid contact with others for 24 hours after there is no fever without the use of fever-reducing medicine. Staying home keeps viruses at home.

Get your family vaccinated for H1N1 flu when vaccine is now available to everyone. Vaccination is the best way to shield oneself, family and friends from the effects of flu.

The Centers for Disease Control and Prevention (CDC) Health-e-Card library, <http://www2c.cdc.gov/ecards/index.asp>, contains over 100 electronic cards, including some specific to H1N1 flu prevention, which can be sent as resolution reminders.

For more information, visit www.StopTheSpreadAZ.org.