

# Staying Healthy

*Getting Your H1N1 Vaccination Helps Prevent H1N1 Flu in Your Community*

## H1N1 is a serious disease.

- H1N1 can cause serious medical problems that can lead to hospital stays or even death
- These people are more likely to get, spread, suffer serious medical problems, or die from H1N1:
  - Pregnant women
  - People living with or caring for infants under 6 months of age
  - Health care workers with direct patient contact
  - Emergency medical services workers
  - Children and young adults ages 6 months through 24 years old
  - People ages 25 through 64 years old with chronic medical conditions like asthma or diabetes



## Vaccinations protect everyone.

- Get your H1N1 vaccination in nasal spray or injection form to protect yourself and your community from H1N1
- Get your H1N1 vaccination if you're pregnant or breastfeeding because you can then give protection against H1N1 (immunity) to your baby
- To learn more, visit <http://www.publichealth.lacounty.gov>. If you don't have a regular health care provider, call 2-1-1 toll-free from any phone in L.A. County to find free or low-cost vaccinations near you



## H1N1 vaccines are safe.

- Both nasal spray and injectable flu vaccines have to meet high levels of safety because they're given to millions of people each year
- All flu vaccinations are tested for safety before they are used
- Neither the H1N1 nor seasonal flu vaccines cause the flu



## Your community's health is in your hands.

- Talk to your friends and family about the benefits of the H1N1 vaccine
- Share these simple steps to stay healthy:
  - Wash your hands often with soap and warm water or hand sanitizer
  - Cover coughs and sneezes with a tissue or your sleeve
  - Avoid touching your eyes, nose and mouth
  - Eat well, exercise regularly, and get plenty of rest



Los Angeles County Department of Public Health  
<http://www.publichealth.lacounty.gov>

12/2/09  
222A—English