

## **Winter Flu Information**

Winter weather is sometimes associated with bouts with head colds, sniffles and symptoms suggestive of the common cold, but the winter months are also prime time for spread of the more serious respiratory condition of influenza (or “flu”).

The 2009/2010 flu season is unique in that there are two flu viruses – **H1N1 flu** and **Seasonal flu** – with which the public must contend. According to the [Arizona Department of Health Services \(ADHS\)](#), both viruses are most effectively spread through droplets in an infected person’s cough or sneeze. People may also become infected by handling a contaminated surface or object (e.g., a telephone or doorknob) and then touching their eyes, mouth or nose.

Arizonans can help prevent contracting or spreading flu viruses by taking simple, sustainable health precautions.

**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** when you cough or sneeze. If you don’t have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.

**Clean items and shared surfaces** likely to have frequent hand contact. Viruses can live for 2 to 8 hours on things like television remotes, computer keyboards and doorknobs.

**Stay home if you or your child is sick** for at least 24 hours after there is no fever without the use of fever-reducing medicine. Staying home keeps viruses from spreading.

**Get your family vaccinated** for seasonal flu and H1N1 flu when vaccines are available. Vaccination is the best way to protect against the flu; it helps shield family, friends and co-workers from the fever, fatigue and other effects of flu.

ADHS has partnered with county health departments to create a statewide website, [www.StopTheSpreadAZ.org](http://www.StopTheSpreadAZ.org), for the H1N1 response. Visitors can find flu shot locations by linking to the Google Flu Shot Finder, learn how to prevent flu spread, and find out what to do if they have flu-like symptoms.

Arizonans without internet access can call the Arizona Flu Hotline at 877-764-2670 to receive the same information.

For more information visit [www.StopTheSpreadAZ.org](http://www.StopTheSpreadAZ.org).

(Source: [Arizona Department of Health Services](#), [Centers for Disease Control and Prevention](#))