



SOUTHWEST MEDICAL ASSOCIATES®

Updated: 01/08/2010

At a Glance

- **Priority group restrictions have been removed and the H1N1 vaccine is now available to any individual.**
- **The Southern Nevada Health District now provides immunizations at its public health centers during regular business hours. The vaccine is offered in the health district's immunization clinics. H1N1 immunizations are available Monday through Friday between 8 a.m. and 4:30 p.m., at all health district locations:**
 - **Ravenholt Public Health Center, 625 Shadow Lane, Las Vegas**
 - **East Las Vegas Public Health Center, 560 N. Nellis Blvd., Suite E12, Las Vegas**
 - **Henderson Public Health Center, 520 East Lake Mead Parkway, Henderson**
 - **North Las Vegas Public Health Center, 1820 E. Lake Mead Blvd., North Las Vegas**
- **For information on clinic locations and schedules in Washoe County, please call WCHD at 1-866-767-5038.**
- **SMA did not vaccinate its pediatric patients with the now recalled Influenza A (H1N1) 2009 Monovalent Vaccine. If your child received the vaccine from another provider, please contact that provider directly.**
- **A shipment of H1N1 Flu Mist has been recalled by manufacturer MedImmune. We have been assured that there is no safety concern as the vaccine is thought to have been effective at the time of administration.**

QUICK FACTS

About the H1N1 (Swine Flu)

SMA wants to help you understand some important facts about the H1N1 Flu so you can protect yourself and your family. The information below is based on information from the Centers for Disease Control and Prevention (CDC).

What is H1N1 Flu (swine flu)?

H1N1 is a new type of flu virus that is affecting people around the world. The virus is spreading from person-to-person in much the same way that the regular seasonal flu viruses are spread.

How do you catch it?

Flu viruses are spread from person to person by coughing and sneezing. Sometimes people may get it from touching something with the viruses on it then touching their eyes, mouth or nose.

Note: You CANNOT get the swine flu from eating pork and pork products.

What are the symptoms?

H1N1 symptoms are similar to seasonal flu symptoms and include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Tiredness
- Some people also vomit and get diarrhea

Sickness can be mild to severe and has caused death in some cases.

How can I protect myself from catching it?

- Ask your doctor if you should get an H1N1 flu shot.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also helpful. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Avoid contact with sick people.
- Don't touch your eyes, nose or mouth. Germs spread this way.
- Stay home if you are sick.
- Follow good health habits: Get enough sleep, exercise, drink lots of water, eat a healthy diet, and manage stress.

Will getting a seasonal flu shot protect me from the H1N1 flu?

No, the seasonal flu shot will not protect you from getting the H1N1 flu. It is very important that you also get a seasonal flu shot if you are someone for whom the seasonal flu shot is recommended. Check with your doctor if you have any questions.

Is there a shot available for the H1N1 flu?

The H1N1 (swine) flu vaccine is available in both injectable (inactive virus) and nasal inhaler (weakened live virus) form. In Nevada, shipments of nasal inhaler (FluMist) and injectable doses have been received by the Southern Nevada Health District (SNHD) and by SMA.

There is now amply supply of the vaccine, sufficient enough to accommodate everyone who wants to receive the vaccine.

SMA patients can receive their H1N1 vaccine at their provider's office during office hours. Appointment not required.

Note: The SNHD is also offering flu vaccinations free of charge to the priority groups deemed most at risk for severe illness or complications. For information on scheduled clinics, please go to www.snhd.info

What should I do if I get sick?

If you get sick you should stay home and avoid contact with other people. If you are concerned about your symptoms, call your doctor's office or go to the SMA urgent care clinic closest to your home. If you are not sure when to seek care, contact the 24-hour Telephone Advice Nurse at 702-242-7330 or 800-288-3364.

How is the H1N1 flu treated?

Most people will recover without needing medical care. If needed, the CDC suggests taking anti-viral medicines called Tamiflu and Relenza to treat and prevent the swine flu. These medications can be ordered by your provider. These medicines work best if taken within two days of showing symptoms of H1N1 flu. See other treatment recommendations in the last question.

IMPORTANT: Do **NOT** give aspirin or aspirin-containing medicines (like Pepto Bismol) to any one age 18 or younger. Do **NOT** give children younger than age 4 over-the-counter cold medicines without speaking to a doctor first.

- Check labels on over-the-counter cold and flu medicines to see if they contain aspirin.
- Children age 5 and older and teenagers with the flu can take medicines **without** aspirin, such as acetaminophen (Tylenol[®]) and ibuprofen (Advil[®], Motrin[®], Nuprin[®]), to treat symptoms.

For more information on the H1N1 flu, go to http://www.cdc.gov/h1n1flu/general_info.htm or <http://www.flu.gov>