

Which Flu Shot Should You Get??

There are two different kinds of influenzas in our area. One is termed “Seasonal Flu” and the other is called “H1N1 Flu” (referred to as “Swine Flu” when it first appeared last spring). The symptoms for both are similar: fever, cough and sore throat, fatigue, lack of appetite, runny nose, body aches and chills (some people also have nausea, vomiting, and diarrhea).

However, the indications for their vaccinations are very different based on anticipated immunity and risk of complications.

People who should get the **Seasonal Flu vaccine** are the same as they have been for the last few years:

- ◆ People 50 years of age or older
- ◆ Pregnant women
- ◆ Children ages 6 months to 18 years
- ◆ Anyone with an underlying medical condition that puts them at risk for complications

Indications for the **H1N1 vaccine** are based on the expectation that those of us born before 1957 should have some immunity to H1N1 because it, and related viruses, were common in this country before 1957. People who should get the H1N1 vaccine are:

- ◆ Pregnant women
- ◆ Caregivers of children less than 6 months of age
- ◆ Healthcare workers and emergency personnel
- ◆ All people ages 6 months to 24 years
- ◆ People ages 25-64 who have an underlying medical condition that puts them at risk for complications

For more information, try the following websites:

www.cdc.gov

www.sccgov.org

www.flu.oregon.gov

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