

FLU NEWS FROM THE LUMMI HEALTH CLINIC

Flu season is here, but this year there are two (2) different kinds of FLU to worry about. There is the type we always have called the **SEASONAL FLU** and a new one that started this spring called the **SWINE FLU** (also called H1N1).

SEASONAL FLU:

- Seasonal Flu is usually harder on seniors or the elderly.

The regular flu shot will be offered later this month, September (when it arrives). Make sure you get yours. This will not protect you from the Swine Flu however, it is still important to get it.

SWINE FLU:

The problem with the Swine Flu is that there is not a vaccine for it so far (hopefully, it will be available in mid October). The Swine Flu is a type of influenza A that, fortunately so far, has been no more dangerous than the regular Seasonal Flu.

Swine Flu Targets: Younger people & tends to be more serious in the following:

- Pregnant Women
- Those caring for infants less than 6 months old
- Those between the ages of 6 months to 24 years old.
- Those with medical problems (examples: diabetes, lung or heart disease)

Will there be a vaccine for the Swine Flu?

- Yes, but probably not until mid to late October when we have been told it will be available. The supply will be limited. The people who receive the vaccine first will be those at highest risk of developing severe disease.

What will be different?

- People over the age of 65 years old are at low risk and will not be among the first to receive the Swine Flu shot.

What should you do to be preventative? (Common sense things are important).

- If You Are Sick Stay Home Until You Are Better
- Cover Your Cough
- Wash Your Hands Frequently
- Stay Away From Sick People or Wear a Mask
- Keep Children Home From School If They Are Sick

What should you do if you become ill?

- If you do not have a temperature (fever over 100 degrees) and just have a cough or sore throat, you can probably stay home, take Tylenol and drink lots of fluids.
- If you run a fever, get short of breath, and develop more severe symptoms (cough, fever, headache, sore throat) then you should be seen. Please try to call us and we will help you decide if you should be seen.

If you have further questions please contact the Lummi Health Clinic **#384-0464**. The Whatcom County Health Department is setting up a Hot Line to answer questions and you may call **#778-8170**.