

## H1N1 Flu Information

The 2009 H1N1 flu continues to pose a significant threat to public health. This virus is particularly affecting pregnant women, children, young adults, and people ages 25 through 64 with medical conditions, such as asthma, heart disease, lung disease, and diabetes.

As the flu season continues, your help is important in spreading the word about the 2009 H1N1 virus, particularly to individuals who are traditionally harder to reach with health messages, including those who do not have access to the internet or have trouble reading. We have included links to several fliers suggested by the U.S. Department of Health and Human Services that are ready-to-use and feature information on vaccine safety and healthy habits for a variety of vulnerable populations. **Participation in this outreach effort is voluntary.**

Please consider the following action steps:

- Forward this e-mail to communicate with your staff, partners, program participants, and others in your community.
- Post the appropriate flyers linked below on your websites, community newsletters, bulletin boards, and social media links.
- Print and hand out the fliers and post in public areas to reach those who do not have access to a computer.
- Use regional, state, and local community partners to pass on the information.
- Help people find vaccine available in their area by going to [Flu.gov](http://Flu.gov).

The links below include four fact sheets with multiple versions of each to address Spanish language and race and ethnicity differences. Please choose the ones that work best for your audience.

(a) **Protect yourself from H1N1. Get the vaccine.** Individual flyers for (a) African American, (b) Asian and Pacific Islander, (c) American Indian and Alaska Native, (d) multicultural audiences, and (e) for non-English speaking Hispanics.

a. [http://www.cdc.gov/flu/freeresources/2009-10/pdf/09\\_h1n1\\_vaccine\\_safety\\_ver2.pdf](http://www.cdc.gov/flu/freeresources/2009-10/pdf/09_h1n1_vaccine_safety_ver2.pdf)

b. English for Asian and Pacific Islanders  
[http://www.cdc.gov/flu/freeresources/2009-10/pdf/09\\_h1n1\\_vaccine\\_safety\\_ver1.pdf](http://www.cdc.gov/flu/freeresources/2009-10/pdf/09_h1n1_vaccine_safety_ver1.pdf)

c. [http://www.cdc.gov/flu/freeresources/2009-10/pdf/09\\_h1n1\\_vaccine\\_safety\\_ver4.pdf](http://www.cdc.gov/flu/freeresources/2009-10/pdf/09_h1n1_vaccine_safety_ver4.pdf)

d. [http://www.cdc.gov/flu/freeresources/2009-10/pdf/09\\_h1n1\\_vaccine\\_safety\\_ver3.pdf](http://www.cdc.gov/flu/freeresources/2009-10/pdf/09_h1n1_vaccine_safety_ver3.pdf)

e. [http://www.cdc.gov/flu/freeresources/2009-10/pdf/09\\_h1n1\\_vaccine\\_safety\\_sp.pdf](http://www.cdc.gov/flu/freeresources/2009-10/pdf/09_h1n1_vaccine_safety_sp.pdf)

(b). **You and the H1N1 flu vaccine.** 2009 H1N1 flu vaccine is given in two ways.

a. English version [http://www.cdc.gov/flu/freeresources/2009-10/pdf/h1n1\\_safety\\_flyer.pdf](http://www.cdc.gov/flu/freeresources/2009-10/pdf/h1n1_safety_flyer.pdf)

b. Spanish Version [http://www.cdc.gov/flu/freeresources/2009-10/pdf/h1n1\\_safety\\_flyer\\_sp.pdf](http://www.cdc.gov/flu/freeresources/2009-10/pdf/h1n1_safety_flyer_sp.pdf)

(c). **Children should get the vaccine.** Most children who get 2009 H1N1 flu feel better within a week.

a. English version [http://www.cdc.gov/flu/freeresources/2009-10/pdf/09\\_h1n1\\_children.pdf](http://www.cdc.gov/flu/freeresources/2009-10/pdf/09_h1n1_children.pdf)

b. Spanish version [http://www.cdc.gov/flu/freeresources/2009-10/pdf/09\\_h1n1\\_children\\_sp.pdf](http://www.cdc.gov/flu/freeresources/2009-10/pdf/09_h1n1_children_sp.pdf)

(d). **Cover Your Cough.** Stop the Spread of Germs that Make You and Others Sick!

a. English version [http://www.cdc.gov/flu/protect/pdf/cdc\\_cough.pdf](http://www.cdc.gov/flu/protect/pdf/cdc_cough.pdf)

b. Spanish version

[http://www.cdc.gov/flu/protect/espanol/pdf/covercough\\_school\\_8x11\\_sp.pdf](http://www.cdc.gov/flu/protect/espanol/pdf/covercough_school_8x11_sp.pdf)

Heard a rumor about H1N1? Visit [Myths & Facts](#) to run a fact check and learn the truth. An additional resource is the CDC hotline, **1-800-CDC-INFO (1-800-232-4636)**, which offers services in English and Spanish, 24 hours a day, 7 days a week.

We encourage you to visit [Flu.gov](#) for [more free resources](#) and [one-page handouts](#) available in Arabic, Chinese, French, German, Italian, Korean, Russian, Spanish, Tagalog, and Vietnamese.

Please share this message with your family, friends, co-workers and networks today. Let's work together to help keep our communities safe and healthy. Again, please know that participation in this outreach effort is voluntary. We appreciate your continued support in helping us disseminate information on H1N1.