

H1N1 FLU AND YOU

What should I know about H1N1 Flu if I am living with HIV/AIDS?



BE INFORMED— STAY INFORMED!

Signs and Symptoms of the H1N1 Flu

- Fever, cough, sore throat, body aches, headache, chills and fatigue
- Some people have nausea and diarrhea because of the H1N1 flu

If You Feel Sick

- Stay home and try to avoid contact with other people
- Call your doctor to see if you need to schedule a visit or if you need flu treatment
- Keep a list of your most recent CD4 count, viral load, & personal contacts in case you need to see someone other than your regular provider

For more information visit the Arizona Department of Health Services at www.azdhs.gov or www.flu.gov

Protecting Myself from Getting Sick

- A 2009 H1N1 vaccine is being produced now. It will be available early this fall
- Ask your primary care provider for the 2009 H1N1 vaccine. Also, ask to receive the seasonal flu vaccine. Your provider may suggest that you get the pneumococcal vaccine
- If you are receiving regular care, keep up with your visits. If you have not been in care, now is a good time to go back
- Keep taking all of your regular medicines, including your anti-retroviral drugs

Take Everyday Steps to Protect Your Health

- Cover your nose and mouth with a tissue when you sneeze or cough. Throw the tissue away in the trash after you use it
- Wash your hands often with soap and warm water, especially after you cough and sneeze
- Avoid touching your nose, mouth, and eyes. Germs spread this way
- Try to avoid close contact with people who may be sick
- If you have a fever, stay home for at least 24 hours after the fever is over