



# VACCINE INFORMATION: SEASONAL & H1N1 FLU

**Christ Hospital, your community's dedicated healthcare provider for over 140 years, would like to share some important information with you from the Centers for Disease Control and Prevention regarding the seasonal flu vaccine.**

The Centers for Disease Control and Prevention (CDC) urges you to take the following steps to protect yourself and others from influenza:

- ✓ Get your yearly flu vaccine first as it is the first and most important step in protecting against the disease.
  - ✓ Take preventative actions to stop the spread of germs by frequently washing your hands, covering your nose and mouth when you cough or sneeze, and by trying to avoid close contact with sick people.
  - ✓ Take antiviral drugs if your doctor recommends them (they are not a substitute for vaccination). Antiviral drugs are prescription medicines that fight against the flu by keeping flu viruses from reproducing in your body.
- To locate a flu clinic in your area, please visit the New Jersey Department of Health and Senior Services' website at: [www.nj.gov/health/flu/findflushot.shtml](http://www.nj.gov/health/flu/findflushot.shtml)
  - The seasonal flu vaccine will not immunize against the 2009 H1N1 strain. The Food and Drug Administration recently announced plans to have the H1N1 vaccine ready for distribution by mid-October.

**For the most current information available on the H1N1 vaccine, please visit:  
[www.nj.gov/health](http://www.nj.gov/health) or [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)**

Please note; H1N1 symptoms are like regular seasonal flu symptoms and include the following: fever, chills, cough, fatigue, sore throat, runny nose, body aches, and headaches. In some cases, diarrhea and vomiting have been reported.

***Please contact your physician if you have flu-like symptoms.***



## Christ Hospital

176 Palisade Avenue  
Jersey City, NJ 07306  
(201) 795-8200

[www.christhospital.org](http://www.christhospital.org)

**For flu prevention tips, call Christ Hospital's automated H1N1 Information Hotline: (201) 795-8141**