

State of New Jersey H1N1 Influenza Update **Week of October 19th**

- **State H1N1 Call Center - 1-866-321-9571** – New Jersey is operating a toll-free public information hotline on weekdays from 9 a.m. to 5 p.m. The information line number is **1-866-321-9571**. Call center operators will be able to provide general information about H1N1, vaccine safety and availability information, symptoms of H1N1 and flu preventive measures.

- **H1N1 Vaccine is Safe** – All vaccines, including the H1N1 vaccine, are held to the highest standard of safety and are continually monitored. Each year, millions of Americans safely receive seasonal flu vaccines. The H1N1 vaccine is made the same way as seasonal flu vaccine by the same companies that make seasonal flu vaccine. The National Institute of Health (NIH) has conducted clinical trials for the H1N1 vaccine. The vaccine has been tested and safely used in children, pregnant woman, and adults.

- **State H1N1 Resource Center / Flu Shot Locator** – The most up-to-date H1N1 influenza information can be found at: www.nj.gov/health/flu/h1n1. This website includes links on where to find seasonal flu shots. When the H1N1 vaccine is more widely available, this website will also have a search engine to find where you can get your H1N1 vaccine.

- **H1N1 Vaccine will Arrive in Stages Over a Three-Month Period** – Shipments of the H1N1 vaccine will continue to arrive throughout this month and into November and December. Vaccine availability will be very limited at first and will increase over time.

- **What You Can Do to Stay Healthy**
 - Stay informed, and take everyday actions to stay healthy.
 - Cover your nose and mouth with a tissue when you cough or sneeze.
 - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
 - Avoid touching your eyes, nose or mouth. Germs spread that way.
 - Stay home if you are sick.

- **Symptoms of H1N1** – The symptoms of H1N1 flu include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting.