



# WHO'S AT RISK FOR SEASONAL & H1N1 FLU

***Did you know the flu kills 36,000 Americans a year and hospitalizes over 200,000?***

***The following groups have been considered "high risk" for H1N1 by the CDC:***

- **Pregnant Women**
- **People who live with or care for children younger than 6 months**
- **Healthcare and emergency services personnel**
- **Persons between the ages of 6 months and 24 years old**

***And those living with:***

- **Asthma/Respiratory disorders**
- **Blood disorders**
- **Diabetes**
- **Heart disease**
- **Kidney disease**
- **Liver disease**
- **Neurodevelopmental disorders**
- **Weakened immune systems**

Please note; symptoms are the same regardless of age and include: fever, aches, cough, sore throat, sneezing or runny nose. In some cases, diarrhea and vomiting have been reported.

Emergency signs for adults include: difficulty breathing, pain or pressure in the chest or abdomen, dizziness, confusion, severe vomiting or a rebound fever.

For children, seek immediate care if he/she has difficulty breathing or is breathing fast, turns bluish, isn't drinking enough fluids, has severe vomiting, is hard to wake up or lethargic, or is so irritable they don't want to be held. Also seek care if the fever breaks and then later returns, a sign of a possible bacterial infection.

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

**Additional health resources:  
[www.nj.gov/health](http://www.nj.gov/health) or [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)**



## Christ Hospital

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

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