



## Seasonal Influenza and H1N1 Prevention

*“Each member of the Navy community has a role during the seasonal flu season – getting immunized is the first step. The second step is being informed and informing others about personal prevention methods against the flu. These simple steps will reduce the effects of seasonal and H1N1 flu.”*

– Vice Adm. Adam M. Robinson Jr., Department of Navy Surgeon General

Influenza is not the common cold, and can be a severe to life-threatening disease. The Department of Defense and Department of the Navy goal is to achieve 90 percent seasonal flu immunization compliance by December 1, 2009. This is earlier than last year because of the need to protect our population against [seasonal influenza](#) before any subsequent vaccination campaigns begin against the new H1N1 influenza strain. The H1N1 virus is not the seasonal flu and requires a separate vaccine. Preventive methods are the same for both the seasonal flu and H1N1.

### Immunizations – the first defense

Immunization remains the best method of reducing illness from flu viruses. Getting an annual influenza vaccine (either a shot in the arm or an inhaled nasal spray) protects many people from getting the seasonal flu or becoming severely ill. H1N1 vaccination is still in development but will be available soon. The extended Navy community – the Navy Total Force, Navy families and retirees – should contact their primary care provider team to find out the local schedule for vaccinations.

- Annual seasonal flu vaccinations are required for all active duty military personnel, Selected Reserves and healthcare workers in direct patient care.
- All military personnel will also be vaccinated against the [H1N1](#) virus.
- The H1N1 vaccine will be available to family members who want to be immunized.
- Vaccination against H1N1 requires a different vaccine than seasonal flu.
- [Seasonal flu vaccinations have begun](#) and H1N1 vaccinations will begin in October.

### Preventive Methods – for your daily routine

The same simple personal preventive measures can limit both the seasonal and H1N1 flu. Simple preventive methods – starting with [vaccinations](#).

- Cover your mouth with a tissue if you can, or your upper arm, when you cough. Then throw the tissue away.
- Wash your hands often, rubbing them well for at least 30 seconds.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick, when you are sick, keep your distance from others to protect them from getting sick too.

### Key Messages

- Immunization is the best way to reduce flu illness.
- Early preparation can limit the effects of the seasonal and H1N1 flu.
  - Get immunized
  - Cover your mouth when you cough
  - Wash your hands well and often
- The health and well-being of all the Navy’s Total Force and beneficiaries is one of our highest priorities.

### Facts & Figures

- According to the CDC, every year in the U.S., on average 5 to 20 percent of the population experience influenza; more than 200,000 people are hospitalized from influenza complications and about 36,000 people die from influenza-related causes.
- Starting today, information can be found at: [https://www.cnic.navy.mil/CNIC\\_HQ\\_Site/OperationPrepare/FluInformation/index.htm](https://www.cnic.navy.mil/CNIC_HQ_Site/OperationPrepare/FluInformation/index.htm).
- General information on seasonal flu and H1N1 can be found at <http://cdc.gov/flu/> and <http://cdc.gov/h1n1flu/>.