

H1N1 Swine Flu Information

Please refer to the U.S. Centers for Disease Control & Prevention's (CDC) updated information on the H1N1(Swine Flu) which can be located on the State Department of Health's website: [Go to State Dept of Health website](#)

The CDC has posted information specific to Child Care Programs such as an updated "Guidance on Helping Child Care and Early Childhood Programs Respond to Flu during the 2009-2010 Flu Season" and a communication toolkit for child care programs, which has items such as parent handouts that providers can send home with the children:

<http://www.cdc.gov/h1n1flu/childcare/>

The links below include four fact sheets with multiple versions of each to address Spanish language and race and ethnicity differences. Please choose the ones that work best for your audience.

(a) **Protect yourself from H1N1. Get the vaccine.** Individual flyers for (a) African American, (b) Asian and Pacific Islander, (c) American Indian and Alaska Native, (d) multicultural audiences, and (e) for non-English speaking Hispanics.

a. http://www.cdc.gov/flu/freeresources/2009-10/pdf/09_h1n1_vaccine_safety_ver2.pdf

b. English for Asian and Pacific Islanders http://www.cdc.gov/flu/freeresources/2009-10/pdf/09_h1n1_vaccine_safety_ver1.pdf

c. http://www.cdc.gov/flu/freeresources/2009-10/pdf/09_h1n1_vaccine_safety_ver4.pdf

d. http://www.cdc.gov/flu/freeresources/2009-10/pdf/09_h1n1_vaccine_safety_ver3.pdf

e. http://www.cdc.gov/flu/freeresources/2009-10/pdf/09_h1n1_vaccine_safety_sp.pdf

(b). **You and the H1N1 flu vaccine.** 2009 H1N1 flu vaccine is given in two ways.

a. English version http://www.cdc.gov/flu/freeresources/2009-10/pdf/h1n1_safety_flyer.pdf

b. Spanish Version http://www.cdc.gov/flu/freeresources/2009-10/pdf/h1n1_safety_flyer_sp.pdf

(c). **Children should get the vaccine.** Most children who get 2009 H1N1 flu feel better within a week.

a. English version http://www.cdc.gov/flu/freeresources/2009-10/pdf/09_h1n1_children.pdf

b. Spanish version http://www.cdc.gov/flu/freeresources/2009-10/pdf/09_h1n1_children_sp.pdf

(d). **Cover Your Cough.** Stop the Spread of Germs that Make You and Others Sick!

a. English version http://www.cdc.gov/flu/protect/pdf/cdc_cough.pdf

b. Spanish version http://www.cdc.gov/flu/protect/espanol/pdf/covercough_school_8x11_sp.pdf

Heard a rumor about H1N1? Visit [Myths & Facts](#) to run a fact check and learn the truth. An additional resource is the CDC hotline, **1-800-CDC-INFO (1-800-232-4636)**, which offers services in English and Spanish, 24 hours a day, 7 days a week.

We encourage you to visit [Flu.gov](#) for [more free resources](#) and [one-page handouts](#) available in Arabic, Chinese, French, German, Italian, Korean, Russian, Spanish, Tagalog, and Vietnamese.