

The new H1N1 flu vaccine will protect our most vulnerable community members and healthcare providers who care for them

Pandemic H1N1 influenza can be a dangerous disease, especially for people in high-risk groups. Our country has received a limited supply of vaccines for the pandemic influenza. The Ministry of Health has recommended that this vaccine be given to our most vulnerable community members and that includes health care providers.



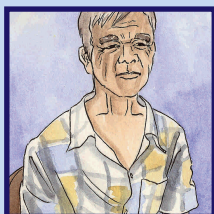
Health care providers

They will need to be healthy to care for people and must not spread flu to other patients or to their families. Doctors, nurses, and other health workers who take care of patients should get the vaccine. WHO considers health care workers the highest priority group.



Pregnant women

Around the world, H1N1 pandemic flu has made many pregnant women very ill, and some have died. Expectant mothers should get this vaccine to protect themselves and their unborn babies.



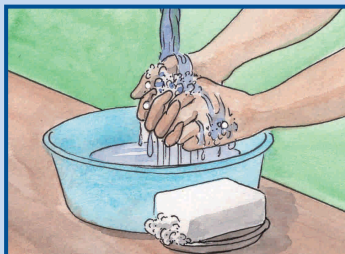
People with chronic illness

Many people with HIV, lung diseases, diabetes, and other conditions have become very ill from H1N1. People with chronic illness should get the vaccine to keep them from getting flu.

Community leaders like yourself can encourage these people to get the H1N1 flu vaccine.

The H1N1 flu vaccine is **effective** and **safe**. It is made like other flu vaccines that have been used for years. Millions of people in countries around the world have received the H1N1 vaccine since October 2009. Only a single shot is needed. People who get it may have a sore arm for 1 or 2 days. But there have been no dangerous side effects.

Families of vulnerable people and others that do not get the vaccine can protect themselves by **practicing good hygiene** and staying apart from people who are sick.



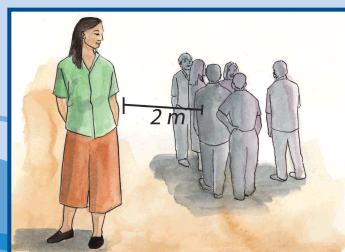
CLEAN

Wash your hands with soap and water before preparing food or after you cough or sneeze.



COVER

Cough or Sneeze into the crook of your elbow.



DISTANCE

Keep a safe distance from sick people.