

**News About H1N1 Recommendations  
by CDC and Public Health**

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The current recommendations for the new flu vaccine, when it becomes available, are women who are pregnant, people who care for children who are six months of age or younger, health care workers, people 6 months to 24 years of age, and people who are 25 to 64 years of age who have a chronic medical condition.

The reason older persons are not recommended for the new vaccine is that many have immunity because of previous exposure to the H1N1 virus. It remains to be seen whether this current recommendation will change.

Persons who have flu-like symptoms should stay home and contact their health care provider. They should remain at home until the fever and exclusion period ends—typically seven days. If antiviral medications have been taken, the exclusion period should still be observed as you will still be shedding virus that may be resistant to the antiviral medications.

If you are 65 years of age or older, you should get a regular flu shot when it becomes available. Check with your health care provider for more information. Information on flu shots can be found at

*[www.findaflushot.com](http://www.findaflushot.com).*