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People you know. Health care you trust.

## Links to Important Sites 2009-2010 Influenza Season



**CDC H1N1 (Swine) Flu Website:** The Centers for Disease Control and Prevention (CDC) website offers a wide range of information about H1N1 Influenza.

**CDC Seasonal Flu Website:** The Centers for Disease Control and Prevention (CDC) website offers a wide range of information about Seasonal Influenza.

**KDHE H1N1 (Swine) Flu Website:** The Kansas Department of Health and Environment (KDHE) offers a wide range of information about H1N1 Influenza and provides State and County specific information.

**H1N1 Flu- Questions and Answers –In English and En Espanol:** Brochure with frequently asked questions and their answers. Available in both [English](#) and [Spanish](#).

**H1N1 –A New Kind of Flu:** A handout that explains the difference between H1N1 and the seasonal flu. Describes who should get each vaccine and how to reduce the spread.

**H1N1 Flu (Swine Flu): A Guide for Individuals and Families Prevention and Preparation:** A two page handout with basic information on H1N1, how to prevent its spread, and how to prepare.

**H1N1 Flu (Swine Flu): A Guide for Individuals and Families Caring for Someone at Home:** A three page handout with basic information on H1N1, how to prepare, how to prevent it, caring for someone affected by the flu, how to relieve the flu symptoms, and information on emergency medical care.

**20 Steps Child Care Providers Can Take to Reduce the Spread of H1N1 Flu:** A three page handout with 20 steps for child care providers to take to reduce the spread of the H1N1 flu.

**When to Seek Medical Care for both Seasonal and H1N1 Influenza:** An informational brochure produced by KDHE on when you should seek medical care when dealing with either seasonal or H1N1 Influenza.

**Wash your hands:** Link that pops up a poster on how to wash hands effectively.