

Dear Friend:

You've probably been hearing a lot this year about the H1N1 flu. And you may have questions. You may have even had the flu, or know a friend or neighbor who has been sick. This email features some tools suggested by the U.S. Department of Health and Human Services to help you prevent the flu, know what to do if you get sick, and find a place to get vaccinated.

People recommended by the Centers for Disease Control and Prevention (CDC) to receive the vaccine as soon possible include: health care workers; pregnant women; people ages 25 through 64 with chronic medical conditions, such as asthma, heart disease, or diabetes; anyone from 6 months through 24 years of age; and people living with or caring for infants under 6 months old.

FLU.gov is a one-stop resource with the latest updates on the H1N1 flu. On this site, you can find information on [How to Prevent and Treat the Flu](#), [Flu Essentials](#) and [Why the H1N1 Vaccine is Safe and Recommended by Health Experts](#). To look up where to get vaccinated in your state, visit the [Vaccine Locator](#). This information is updated regularly as more doses are shipped each week.

An additional resource is the CDC-INFO National Contact Center, **1-800-CDC-INFO (1-800-232-4636)**, which offers services in English and Spanish, 24 hours a day, 7 days a week.

Heard a rumor? Visit [Myths & Facts](#) to run a fact check.

Please forward this email to your family, friends, co-workers and networks today. Let's work together to help keep our communities safe and healthy.