

# Pandemic flu... Bird flu... Seasonal flu... What's the Difference?

## Pandemic flu is...

Pandemic flu is a worldwide outbreak that occurs when a new influenza virus causes serious illness in people and spreads easily from person to person. *Currently there is no pandemic flu.*

## Bird flu is...

Bird flu, or avian flu, is an illness that occurs naturally in birds. Health officials worry the virus could acquire the ability to move easily among people, sparking a pandemic. *That has not happened yet.*

## Seasonal flu is...

Seasonal flu is the kind of illness that comes every winter. A person with seasonal flu may have fever, headache, tiredness, cough, sore throat, runny nose, and muscle aches. *The best way to prevent this illness is by getting a flu vaccine each fall.*

**San Joaquin County Flu Information Line**

(209) 469-8200 or [www.sjgov.org/oes](http://www.sjgov.org/oes)

**Centers for Disease Control and Prevention**

(800) 232-4636 or [www.cdc.gov](http://www.cdc.gov)



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## How Can I Prevent Catching Flu Germs?

- Wash hands often with soap and water or clean with sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Eat healthy, get rest, and exercise often.