

PreventFLU

What is the flu?

The flu is a contagious respiratory illness. It is spread by coughing, sneezing, or nasal secretions. It can cause mild to severe illness and even death.

How do I prevent the flu?

The best way to prevent the flu is by getting a flu vaccine. Viruses that cause the flu are always changing. To prevent the flu you need a vaccine every year.

Who should get the flu vaccine?

Everyone 6 months and older should be vaccinated. It is especially important for the following groups to be vaccinated:

- Pregnant Women
- Children younger than 5 years old but especially younger than 2
- People 50 years of age and older
- People of any age with certain chronic medical conditions such as heart, lung or kidney disorders, diabetes or those with weakened immune systems
- People who live in nursing homes and other long term care facilities
- Household contacts of persons at high risk for complications from the flu
- Household contacts and out-of-home caregivers of children less than 6 months of age
- Healthcare workers

(over, please)



What else can I do to prevent the flu?

Prevent the spread of germs by:

- Covering your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.
- Sneezing or coughing into your upper sleeve or elbow, not your hands, if you don't have a tissue.
- Washing your hands often with soap and warm water for 20 seconds.
- Using an alcohol-based hand rub if soap and water are not available.
- Staying home when you are sick.

Everyday steps protect your health and the health of your family:

- Avoid close contact with sick people.
- Practice other good health habits such as getting plenty of sleep, being physically active, managing your stress, drinking plenty of fluids, and eating nutritious food.
- Stock up on household, health, and emergency supplies, such as acetaminophen (Tylenol®), water, and non-perishable foods.

What are the symptoms of seasonal flu?

You may have the flu if you have some or all of these symptoms:

- Fever*
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headaches
- Chills
- Fatigue
- Sometimes, diarrhea and vomiting

*It's important to note that some people with flu will not have a fever.

What should I do if I get sick?

If you get sick with flu-like symptoms, stay home, stay away from others and call your doctor right away. If needed, the doctor may prescribe an antiviral medicine that treats the flu. Have someone check in with you often if you are feeling ill.

Questions?

Remember, if you have questions or show flu-like symptoms, please contact your doctor right away.

This information was taken from the Centers for Disease Control and Prevention (CDC). Please check with your doctor for questions and concerns related to your family's health.