

# Fighting the Flu



## Take time to get a flu vaccine

- Take a flu vaccine yearly to fight what research states are the 3 most common viruses
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead

## Take everyday preventive actions to stop the spread of germs

- Try to avoid close contact with sick people
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine)
- While sick, limit contact with others as much as possible to keep from infecting them
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it
- Wash you hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Avoid touching your eyes, nose and mouth. Germs spread this way
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu



## Take flu antiviral drugs if your doctor prescribes them

- If you get the flu, antiviral drugs can treat your illness
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter
- Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a high-risk health or is very sick from the flu. Follow your doctor's instructions for taking this drug

