

PREVENTION



Cover your nose and mouth with a tissue or your arm when you cough or sneeze. Throw the tissue in the trash after you use it.



Do not touch your eyes, nose or mouth because germs spread this way.



Stay away from people who are sick.



Wash your hands often with soap and warm water. If soap and water are not available, use an alcohol-based hand rub.



Use medication the way your doctor recommends it.



If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone.*

FIGHTING THE FLU

What is the Flu

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.



Flu vs. Cold

Is it a cold or flu?		
Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare



Why You Need One Every Year

- Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.
- Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.

Safety

- The vaccine does **NOT** cause the flu, however it can cause some soreness, redness, fever, and aches for a few days.

People with egg allergies may still be able to receive their vaccine, but should contact their doctor.

TALK TO YOUR PHARMACIST ABOUT GETTING YOUR FLU VACCINE TODAY

Reasons to Get a Vaccine

- It can help prevent you from getting the vaccine
- Reduce the risk of hospitalization
- Preventive for people with chronic health conditions
- Protect women during and after pregnancy
- Life-saving in children
- Reduce symptoms if you get sick with the flu
- Protect everyone around you from getting sick

CDC FLU FACT

Adults 65+ are at **high risk** for serious flu illness. Get your flu shot and encourage your loved ones to get vaccinated.



#FIGHT FLU

