

Take 3 Steps to Fight the Flu

1

Get your flu shot!



Flu shots help prevent serious flu illness. Not only can it prevent you from getting the flu entirely, it can also protect you to make sure you don't get as sick if you do get the flu. By getting your flu shot, you are also protecting your family, friends, and community, including babies that are too young to be vaccinated.

Make sure you and your loved ones get your flu shot every year. Everyone 6 months and older should get a flu shot.

The flu shot is especially important for groups at high risk of serious flu complications including:

- Children
- Pregnant women
- People over 65
- People with health conditions like asthma, diabetes, heart disease, or lung disease

2

Don't spread the flu!



- Wash hands often with soap and water for at least 20 seconds... the time it takes to sing "Happy Birthday" twice.
- If soap and water are not available, use an alcohol-based hand rub.
- Cough or sneeze into a tissue, not your hands. Toss used tissues. If you don't have a tissue, cough or sneeze into your elbow.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- If you're sick, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

Flu symptoms include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue

3

Use Antivirals (if needed)



If you get the flu, prescription antiviral drugs can help you not get as sick and help you feel better sooner. They can also help prevent flu complications, like pneumonia. If you are at high risk, contact your health care provider at the first sign of the flu. Antivirals work best if used to treat flu early.

82%

Getting your flu shot reduces your risk of being admitted to the ICU for flu by 82%

Visit your health care provider, local pharmacy, or a public flu clinic to get your flu shot

Learn more about the flu or
find information about upcoming flu clinics at
<http://schuylercounty.us/publichealth>
or by calling 607-535-8140

