

Fight the Flu



1. Vaccinate

Doctors recommend everyone 6 months of age and older (especially those with high risk conditions) get the flu vaccine every year.

The flu vaccine always protects against three different strains of flu virus. Get a flu shot each year.

Flu shots and FluMist or nasal spray are equally effective in preventing the flu. Talk to your healthcare provider about which one is right for you.



2. Stop Germs

Cover your cough and sneeze in your sleeve to stop the spread of germs. Avoid touching your eyes, nose and mouth; this is how germs enter your body and make you sick.

Wash your hands often with soap and water or if not available, use an alcohol-based hand sanitizer.

Stay home when you are sick and don't return to school or work until you are fever free for at least 24 hours without the use of fever-reducing medications.



3. Treat it Right

Most people get better with rest and fluids; drugs such as acetaminophen (Tylenol) can help in reducing fever.

People with flu symptoms and a high risk condition (below) should see a healthcare provider right away.

- Diabetes
- Suppressed immune system
- Pregnancy
- Lung, heart and kidney disease
- Child under the age of 2
- Neurologic disorder such as stroke or seizures

Seek healthcare immediately for these symptoms:

- High fever lasting several days
- Fast or slow breathing
- Blue skin or lips
- Confusion or won't wake up
- Baby does not want to be held
- Won't drink fluids
- Seizures or uncontrolled shaking
- Gets better then worsens

 **2-1-1**

 **www.StoptheSpreadAZ.org**