

Everything you need to know about

The Flu (Influenza)

How to Prevent and Treat the Flu



The flu shot is the best protection against the flu. The CDC recommends that everyone over the age of 6 months receive their flu shot every year. It is important to get your flu vaccine in the fall before you get sick.

The Flu Vaccine



Visit your pharmacy (CVS, Walgreens) or doctor's offices to get your flu vaccine every year.

For Children Children 2-8 years old should receive two doses of the nasal spray

Nasal spray or shot Everyone should ask their doctor which is better for them

Safety The flu vaccine is safe for anyone over the age of 6 months and does not cause the flu

High Risk Populations People over the age of 65, those with chronic conditions, young children and pregnant women are more likely to get the flu and have severe symptoms

Symptoms

The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- A 100° F or higher fever or feeling feverish
- A cough and/or sore throat
- A runny or stuffy nose
- Headaches
- Chills
- Feeling tired or weak
- Body Aches
- Nausea, vomiting, and/or diarrhea (most common in children)

Call your healthcare provider within 2 days of your symptoms beginning

When is flu season?

Flu season is typically from October to May with peak months during January and February.

Treatment



Cover Your Mouth

Cover your mouth with your arm or a tissue when you cough or sneeze



Clean Hands

Wash your hands or use sanitizer often



Get Sleep

If you are sick, stay home and rest



Take Time

If your child is sick, keep them at home until they do not have a fever for at least 24 hours



Hydrate

Drink plenty of water



Take Medicine

For fever such as acetaminophen (Tylenol®) or ibuprofen (Advil® or Motrin®)

Stop the Spread of Flu

Get a flu shot

Stay home when sick

Clean your hands

Cover your cough and sneezes