

# FIGHT THE FLU

Protect your health and the health of others this flu season.

## WHAT ARE SYMPTOMS OF THE FLU?<sup>1</sup>

People who have the flu often feel some or all of these symptoms that usually start **suddenly**:

- Fever
- Chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Extreme tiredness
- Nausea, Vomiting, Diarrhea (more common in children)

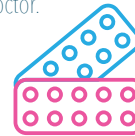


## IF YOU THINK YOU HAVE THE FLU:



### DO:

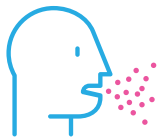
- Talk to or visit your doctor.
- Follow your doctor's treatment plan.
- Stay hydrated.
- Stay home and rest.



### DON'T:

- **SHARE IT!**
  - Avoid close contact with people when possible.
  - Wash your hands properly.
  - Cover your coughs and sneezes.

## HOW DOES THE FLU SPREAD?



**Direct:** A person with the flu coughs, sneezes, or talks, releasing droplets carrying the flu virus.

**Indirect:** A person touches a surface with the flu virus on it and then touches their nose or mouth.



## PROTECT YOURSELF IF YOU AREN'T SICK:

- Wash your hands often.
- Keep a distance from people who are sick.
- Continue practicing healthy habits (e.g., stay hydrated, get sufficient sleep).



**Get a flu shot if you haven't yet. It's not too late...flu activity can continue as late as May!<sup>2</sup>**

## 5 STEPS TO CLEAN HANDS:<sup>3</sup>



- 1 Wet** your hands with clean, running water, and apply soap.
- 2 Lather** your hands by rubbing them together with the soap. Don't forget the backs, between fingers, and under nails.
- 3 Scrub** for at least 20 seconds. Don't have a timer? Sing "Happy Birthday" twice!
- 4 Rinse** well under clean, running water.
- 5 Dry** using a clean towel or air dry.

## HOW LONG IS A PERSON WITH THE FLU CONTAGIOUS?<sup>4</sup>



### Most adults:\*

1 day before symptoms develop and 5 to 7 days after becoming sick.

\*Young children and people with weakened immune systems can be contagious for a longer period of time.

## CONSIDERATIONS FOR PEOPLE WITH DOWN SYNDROME:

“ Individuals with Down syndrome are likely to be at higher risk for flu-related complications. CDC recommends that doctors treat flu promptly with antiviral medications in patients with underlying conditions.

[https://www.cdc.gov/flu/about/disease/high\\_risk.htm](https://www.cdc.gov/flu/about/disease/high_risk.htm) ”

**FOR MORE INFORMATION ABOUT THE FLU, VISIT:**

<https://www.cdc.gov/flu/index.htm>

<https://medlineplus.gov/flu.html>

<sup>1</sup>Influenza (Flu). (2016, May 23). Retrieved January 26, 2018, from <https://www.cdc.gov/flu/about/disease/complications.htm>

<sup>2</sup>Consumer Updates - It's Not Too Late to Get Your Flu Shot! U.S. Food and Drug Administration Home Page, Office of the Commissioner, [www.fda.gov/ForConsumers/ConsumerUpdates/ucm384535.htm](http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm384535.htm).

<sup>3</sup>Handwashing: Clean Hands Save Lives. (2016, March 07). Retrieved January 26, 2018, from <https://www.cdc.gov/handwashing/when-how-handwashing.html>

<sup>4</sup>Influenza (Flu). (2017, August 03). Retrieved January 29, 2018, from <https://www.cdc.gov/flu/school/qa.htm>