



FLU IQ



What you need to know to stay healthy or get better

- Only injectable flu shots are recommended this season.
- Vaccines have been updated to better match circulating viruses.
- Some changes in recommendations for people with egg allergies, or previous allergic reactions to the vaccine. See your healthcare provider for more information.

HOW FLU SPREADS

- Flu viruses spread when people with flu cough, sneeze or talk.
- Flu symptoms begin in about 1-4 days after exposure and typically last about 7-10 days.
- You can pass on the flu one day before you become sick as well as while you are sick with symptoms



SIGNS AND SYMPTOMS

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Headaches or body/muscle aches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.



** Not everyone with flu will have a fever **

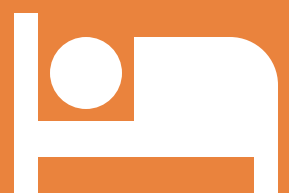
AN OUNCE OF PREVENTION

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap & water are not available, use an alcohol-based hand rub. Avoid touching your eyes, nose and mouth. Germs spread this way.



IF YOU HAVE THE FLU

- Stay home and rest - avoid contact with other people except to get medical care.
- Drink lots of fluid.
- Antiviral medication may help to reduce the length of time you are sick if started with in the first 48 hours of symptoms. Talk with your doctor for a prescription.



FOR MORE INFORMATION, PLEASE VISIT
WWW.CDC.GOV/FLU OR SUMMITCOUNTYHEALTH.ORG