

WHAT YOU CAN DO

Flu

Flu (Influenza) causes fever, cough, body aches, tiredness, sore throat and runny nose. Some people that get the flu can get very sick. Here is what you can do to keep from getting it or to feel better if you do.



If you get sick, stay home from work or school.



Wash your hands often with soap and water.



Call your doctor if you have fever for more than 3 days.

- A flu shot is the best way to keep from getting the flu. The shot cannot give you the flu.
 - Get a flu shot each year if you:
 - Are over 50 years of age
 - Have diabetes, heart or lung disease or other health problems
 - Live with or take care of a young child, an older person or someone with health problems
 - It is best to get a flu shot in October or November before the flu season is in full swing, but you can still get one until the end of March.
 - Stay away from people who are sick. Flu germs spread through the air. If you get sick, stay home from work or school.
 - Wash your hands often with soap and water. Try not to touch your eyes, nose or mouth.
- Ask your doctor** where to get a flu shot if your doctor does not have a supply.
- Ask your doctor** if you need medicine if you get the flu even if you had a flu shot.
- Call your doctor** if you are sick and do not know if it is from a cold or the flu.
- Call your doctor** if you get the flu and you:
- Have a high fever for more than 3 days
 - Have problems breathing or chest pain
 - Cannot eat or drink

Date for flu shot is: _____

Things to ask your doctor about the flu:

- How serious is the flu?
- Why do I need a new flu shot every year?
- Why is it so important to keep from getting the flu?
- Is there something other than a shot I can take to keep from getting the flu?
- Do some people get sick after the flu shot?
- Who else in my family should get a flu shot?
- How do I know if I have a cold or flu?
- If I get the flu:
 - What can I do for the fever, cough and aches of the flu?
 - Are there medicines I can take?
 - How do I keep from giving it to other people?

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For more information, go to www.MedlinePlus.gov and search for "Influenza".

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