



Why Get the Flu Vaccine?

- The flu vaccine is the best way to protect against flu and its serious complications.
- Everyone 6 months and older is recommended to get the flu shot annually.
- The vaccine helps protect all, especially high-risk individuals, like older adults, children, pregnant women, and those with chronic conditions.

Flu Prevention Tips:



- Get vaccinated – it's not too late!
- Wash your hands frequently.
- Stay home if you're sick to avoid spreading the virus.
- Avoid being around others who are sick if possible and wear a mask in crowded spaces.

Flu Transmission:

- Flu spreads through droplets from coughing, sneezing, or talking.
- You can also catch it by touching contaminated surfaces and then touching your face



Common Flu Symptoms:

- Body aches
- Fever & chills
- Cough & sore throat
- Headache & fatigue
- Stuffy nose



Who Is at High Risk?

- Adults 65 and older
- Children under 2
- People with weakened immune systems or chronic health conditions (asthma, diabetes, heart disease)
- Pregnant women



What to Do If You Get Sick:

- Stay home and avoid close contact with others, except for medical care.
- People are most contagious in the first 3-4 days of illness.
- Stay home until you're fever-free for 24 hours without medication.



Flu Treatment:

- Flu antiviral drugs, like Tamiflu, are available and can help reduce illness severity and complications.
- These must be prescribed by a doctor and are most effective when started within 48 hours of symptoms.

Emergency Warning Signs – Seek Medical Help Immediately!

In Adults:

- Difficulty breathing, chest pain
- Persistent dizziness, confusion
- Severe muscle pain, weakness



In Children:

- Fast or troubled breathing, bluish lips/face
- Severe muscle pain, dehydration
- Seizures, high fever



**Take Action Now:
Get your flu shot today!**

Follow safety measures to protect yourself and others from flu this season.
Contact your doctor if you're at high risk or feel very sick.
Together, we can help stop the spread of flu!