



BE AWARE OF THE FLU **F.A.C.T.S.**

The most common symptoms include:

- **F**ever
- **A**ches
- **C**hills
- **T**iredness
- **S**udden onset

**CALL YOUR DOCTOR
RIGHT AWAY IF YOU
START FEELING
THESE SYMPTOMS**

IF YOU GET THE FLU

- Take your medication as prescribed by your doctor
- Ask your doctor about prescription flu medicine for your family

FLU F.A.C.T.S.
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**FIGHT
THE
FLU**



THE FLU IS A CONTAGIOUS DISEASE THAT CAN BE SERIOUS.

- Millions of Americans get the flu each year
- People with the flu sometimes need to be hospitalized and may die of flu complications

"TAKE 3" TO HELP PROTECT YOURSELF AND OTHERS AGAINST THE FLU

#1: Take time to get a flu shot

- Vaccination is the best way to help prevent getting the flu
- People 6 months of age and older should get vaccinated every year; ask your doctor where to get the flu shot

#2: Take preventive actions to stop the spread of germs

- Cover your mouth and nose when you cough or sneeze
- Frequently wash your hands with soap and water
- If you are sick, stay at home for at least 24 hours after fever is gone

#3: Take flu medications if your doctor prescribes them

- Prescription flu medications can help stop the virus from spreading and shorten the time you are sick

FLUFACTS
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