

HELP BREAK THE SICK CYCLE

PROTECT AGAINST THE FLU

On average, more than 200,000 people in the United States are hospitalized each year from seasonal flu related complications. The flu comes on suddenly. Fever, cough, sore throat, runny nose, body aches and tiredness are all common flu symptoms to look out for. While the flu is highly contagious, there are ways to help protect yourself. The Centers for Disease Control and Prevention (CDC) recommends an annual flu vaccine as the first and most important step in protecting against flu viruses. If you or your child gets the flu, ask your doctor about prescription medicines.

HOW FLU SPREADS

Flu droplets, which are mainly spread when people with the flu cough, sneeze, or talk, can spread to others

6 feet away

Flu viruses can also survive on hard surfaces like desks and doorknobs for

2-8 hours

Most healthy adults with the flu may be able to infect others beginning one day before symptoms develop and

5-7 days

after becoming sick

Children are

2-3 times

more likely than adults to get sick with the flu, and may pass along the virus for longer than 7 days

Close living quarters, shared restrooms, and a lot of social activities make college students more likely to catch the flu

BREAK THE SICK CYCLE

Act Quickly

Flu can be treated. Act quickly if you suspect the flu. Prescription medicines may help lessen symptoms and shorten the time you are sick by

1-2 days

Doctor

Visit a healthcare professional for a proper diagnosis or go to an urgent care facility.

Call your doctor

to learn about flu treatment options.

Home

Stay home from work. CDC recommends you stay home for at least

24 hours

after your fever is gone