Flu

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

- A flu shot is the best way to keep from getting the flu. The shot cannot give you the flu.
- All people age 6 months or older should get a flu shot.
- It’s best to get a flu shot in October or November before the flu season starts, but you can still get one until the middle of February.
- 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.

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Date for flu shot is: _____________

During your visit to the doctor’s office or clinic:
- Ask where to get a flu shot if your doctor does not have a supply.
- Ask if you need medicine for the flu even if you had a flu shot.
- Ask if you need a high dose flu shot if you are 65 years of age or older.

Call your doctor’s office or clinic:
- If you are sick and do not know if it is from a cold or the flu.
- If you get the flu and you:
  - Have a high fever for more than three days
  - Have problems breathing
  - Cannot eat or drink

Questions to ask your doctor’s office or clinic about the flu:
- How serious is the flu?
- Why is it so important 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?

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