

## WHAT YOU CAN DO

### 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.**



*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.
- 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.

**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?

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For more information, go to [www.MedlinePlus.gov](http://www.MedlinePlus.gov) and search for "Influenza".

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