

Prevent FLU and other infections!

How can I protect *myself*?

WASH YOUR HANDS!

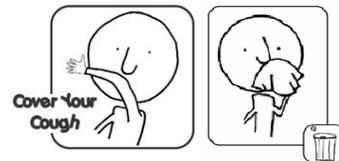
- Wash your hands **after you sneeze or cough** and **before you eat**. It's simple; it works! Use warm water and soap for **20 seconds** (the time it takes to sing "Happy Birthday!"). Or use hand sanitizer.
- **Get a flu vaccine.** (see below for more information)
- Cover cuts and scrapes until healed. Do not touch your mouth, nose, or eyes.
- Disinfect telephones, door knobs, banisters, counters, and work surfaces.



How can I protect *others*?

COVER YOUR COUGH!

- **Never cough or sneeze into your hands!** Use your **upper sleeve or elbow**. Or use a **tissue**, then throw it away and wash your hands.
- **Stay home if you are sick!** Do not go out until the fever goes away for at least 24 hours without fever medicine.
- **Get a flu vaccine.** Even if you are strong and healthy, **you need it to protect others!**



What about flu vaccines?

THEY PROTECT YOU AND OTHERS!

Everyone over 6 months old should get a seasonal flu vaccine every year to help avoid the flu. This is especially important for people who have a high risk for flu complications, such as:

- Children age 6 months to 23 months
- Pregnant women
- People with asthma, diabetes, heart disease or other chronic illnesses
- People who work with or live with any of these groups
- Senior citizens (age 65 or older)
- Nursing home patients



Can I get the flu from the flu shot? No! The flu shot is made of *killed* or *weakened* virus strains. The most common side effect of the flu shot is soreness at the injection site for 1 or 2 days.

Does it have to be a needle? No! Ask your health provider about the nose spray vaccine for certain age groups.

Who should NOT take the flu shot? If you have had a severe reaction to the flu shot (trouble breathing, swelling, or low blood pressure), do NOT take another flu shot unless under the care of an Allergy doctor. If the flu shot caused hives (caused by allergy to eggs), you can take it again but must stay in the doctor's office for at least 30 minutes after the shot. Tell your health provider if you have had hives or reacted to the flu shot in the past.

Where can I get a flu shot? Portland Family Health Center has a drop-in Flu Shot Clinic for adults. Adults and children can also receive a flu shot during regularly scheduled visits at any of the Family Health Centers clinics. Flu shots are also available at other agencies and pharmacies in Louisville. Call 774-8631 for more information.

What are flu symptoms and treatment?

Symptoms of flu: cough, fever (above 101°F or 38.4°C), headache, muscle aches, feeling tired or weak, sore throat, congestion. Flu symptoms are more severe than cold symptoms and come on more quickly.

Treatment for flu: medicine to lower your fever, rest, and drinking plenty of fluids.



Call your doctor if you have:

- Cold symptoms and ALSO have a fever (could be flu or a bacterial infection).
- Severe pain when swallowing (could be strep throat).
- Coughing that lasts 2 or 3 weeks (could be bronchitis or asthma).



Seek emergency medical attention if you or your child has trouble breathing, dizziness, confusion, or persistent vomiting, or if your child is irritable or hard to wake.

For more information: Go to www.flu.gov or call the CDC Contact Center: 800-CDC-INFO (800-232-4636).