

FLU SURVIVAL TIPS FOR WORK & HOME

STAY HOME WHEN YOU ARE SICK

- You will prevent others from catching your illness. (See symptoms chart)

COVER YOUR MOUTH AND NOSE

- Use a tissue when coughing or sneezing and dispose of it properly. Also, avoid touching your mouth and nose as germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth.

CLEAN YOUR HANDS

- Wash your hands often with soap and warm water or use an antiseptic hand gel to kill germs.

USE ALCOHOL WIPES OR DISINFECTANT

- Keep surfaces clean with a virus killing disinfectant or alcohol wipes, which can kill 99% of illness-causing microorganisms. A solution of 1 part bleach mixed with 10 parts water is also effective in killing viruses. Use to clean things like your phone, microwave door handle, kid's toys, door knobs, water faucets, etc.

DRINK PLENTY OF WATER OR FLUIDS

- Water keeps you hydrated and makes your body more resistant to germs.

USE A PAPER TOWEL

- When opening doors like the rest room, use a paper towel to cover the handle and dispose of it properly.

DON'T SHARE ITEMS

- Sharing items can spread germs and viruses, like drinking cups, straws, or other items you put in your mouth.

Who Should Get the Flu Shot?

According to the Federal Government's Centers for Disease Control and Prevention, the following people are at risk for serious illness from the flu and should get a flu shot every year:

- People 65 years of age and older
- Residents of nursing homes and other long-term care facilities
- Adults and children who have chronic heart or lung diseases
- Adults and children with diabetes, kidney disease, or severe forms of anemia
- Health care workers in contact with people in high-risk groups
- Caregivers or people who live with someone in a high-risk group

When is the Best Time to Get the Flu Shot?

In the United States, flu season usually occurs from November until April. Most people get the flu between late December and early March. The best time to get your flu shot is between September and mid-November. It takes about 1 to 2 weeks after you get the shot to develop protection.



Health New England *How Can We Help?*

The material contained in this brochure is for general information only and is not intended to provide specific medical advice or recommendations for any individual. Your physician or other health care professional must be consulted for advice with regard to your individual situation.

Visit Healthy Directions at hne.com

IS IT A COLD OR THE FLU?

It's easy to confuse a common cold with the flu. Overall, cold symptoms are milder and don't last as long as the flu.

SYMPTOMS	COLD	FLU
FEVER	Rare	Characteristic, high (102-104F): lasts 3-4 days
HEADACHE	Rare	Prominent
GENERAL ACHES & PAINS	Slight	Usually, often severe
FATIGUE, WEAKNESS	Quite Mild	Can last up to 2-3 weeks
EXTREME EXHAUSTION	Never	Early and prominent
STUFFY NOSE	Common	Sometimes
SNEEZING	Usual	Sometimes
SORE THROAT	Common	Sometimes
CHEST DISCOMFORT, COUGH	Mild to moderate; hacking cough	Common, can become severe

TAKE THE TIME TO TREAT YOURSELF WELL...

- Drink lots of fluids
- Get plenty of rest
- Manage stress levels
- Take medication such as aspirin or Acetaminophen to relieve fever and discomfort. *(Not recommended for children)*

Sources: US Department of Health and Human Services, National Institute of Allergy and Infectious Diseases, Centers for Disease Control and Prevention

FOR MORE INFORMATION ABOUT THE FLU VISIT THE FOLLOWING WEBSITES:

National Institute of Allergy and Infectious Diseases
1-301-496-5717
www.niaid.nih.gov

Centers for Disease Control and Prevention
National Immunization Information Hotline
1-800-232-2522
(English)
1-800-232-0233
(Spanish)
www.cdc.gov/nip

Food and Drug Administration
1-888-463-6332
www.fda.gov

American Lung Association
1-800-586-4872
www.lungsusa.org

National Coalition for Adult Immunization
1-301-656-0003
www.nfid.org/ncai