

Got Flu?

If you think you have the flu:

- Get plenty of rest
- Drink plenty of caffeine-free liquids to avoid dehydration
- Take non-aspirin pain relievers to reduce fever
- Stay home from work or school
- Contact your health care provider if you have questions about your illness

Warning signs of flu complications in children and adults

Child - warning signs that urgent medical attention is needed:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

Adult - warning signs that urgent medical attention is needed:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

Remember...

Precautions everyone can take now are as simple as **ABC**:

- A.** Always wash hands or use hand sanitizer to avoid spreading the virus
- B.** Be considerate by coughing or sneezing into the crook of your arm or a tissue. Don't forget to throw away the tissue immediately.
- C.** Consider getting vaccinated. The best way to avoid getting and spreading the flu is by getting a flu shot. *So roll up your sleeve and arm yourself against the flu!*

For additional information on seasonal flu, log onto:

dch.georgia.gov

georgiahealthinfo.gov

cdc.gov/flu

flu.gov/seasonalflu

Roll Up Your Sleeve!



Your Guide to Preventing Seasonal Flu ... and what to do if you get it

Symptoms:

- Fever
- Muscle aches
- Runny nose
- Sore throat
- Cough
- Extreme fatigue

How is seasonal flu spread?

Typically it spreads from person to person when an infected person coughs or sneezes. People also become infected when the virus gets on their hands and they rub their eyes or nose.

Who is at risk?

Who is at risk for seasonal flu?

Anyone can get seasonal flu.

Who should get the seasonal flu vaccine?

This year it is recommended that everyone over 6-months of age receive a flu vaccine.

Typical flu season:

From October through May

Childrens' vaccinations

If your child is 6-months through 8-years of age, and has never received a flu vaccination, it is recommended that he/she receive two doses of the seasonal flu vaccine.

If your child is 6-months through 8-years of age and did not receive two doses of 2009 H1N1 vaccine (shot or nasal spray) last year, your child will need two doses of the seasonal flu vaccine this year.

If you are in a high-risk group, or you live with anyone in a high-risk group, it is always important to get vaccinated against the flu every year.

High-risk groups:

- Children 6 months through 18 years of age
- People 50 years and older
- People with chronic diseases such as diabetes or asthma
- People living in nursing homes or long-term care homes
- Women who are pregnant
- Health care providers

Prevention

Wash your hands often

Wash hands according to the Six Steps chart below or use alcohol-based sanitizer:



Cover your cough or sneeze

- Cover your mouth and nose when coughing or sneezing
- Use a tissue or cough/sneeze into your sleeve to contain the droplets (do not cough or sneeze into your hands)

Other ways to stop the flu

- If you have flu symptoms, stay home! Wait 24 hours after fever is gone (without the use of Tylenol or ibuprofen) before returning to school or work
- Avoid sick people; encourage them to stay home

The Vaccine

Getting vaccinated beats getting the flu!

Even if you received a seasonal flu vaccination last year, you'll need another one this year. This year's vaccine contains the three flu viruses most likely to circulate during this flu season, including 2009 H1N1. There are two types of vaccines available: the **flu shot** and **nasal spray**. The nasal spray is *not* for everyone.

Who can get the nasal spray vaccine?

If you are a healthy individual between 2 and 49 years of age, who is **not** pregnant and does **not** have a chronic health condition, then the nasal spray is an alternative to the seasonal flu shot.

Flu vaccine side effects

- Most side effects are minor such as:
 - Soreness, redness or swelling at site where the flu shot is given
 - A runny nose from the nasal spray
 - Low-grade fever or aches that last 1 to 2 days
- Serious side effects are very uncommon
- Health risks associated with the flu are much greater than the risks associated with the vaccine

Who should *not* be vaccinated against the flu?

- People who have a severe allergy to chicken eggs
- People who have had a severe reaction after a previous dose of influenza vaccine
- People who developed Guillain-Barré syndrome within 6 weeks of getting a flu vaccine
- Children less than 6 months of age

Contact your health provider if these apply to you.