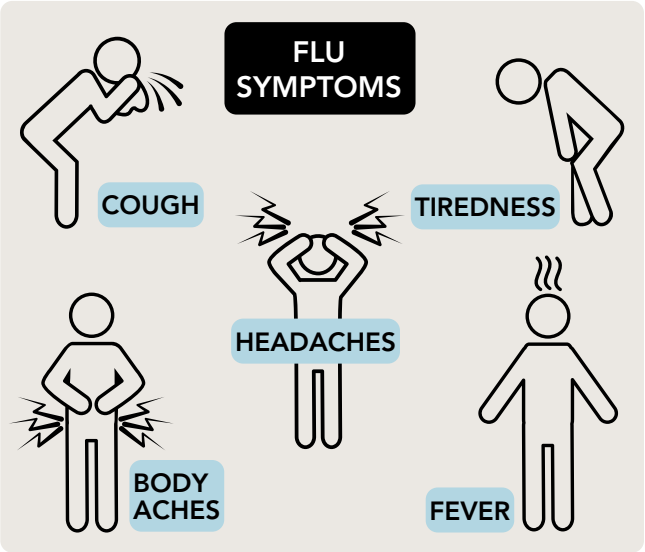
Flu Prevention and Treatment

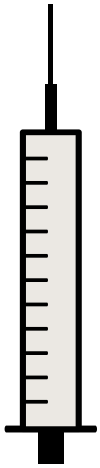
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Influenza (Flu)

Often caused by influenza (flu) viruses A and B. The flu strains are different every year and can cause mild to severe illness, in some cases leading to death.



The Flu Vaccine



The flu vaccine is used to help prevent you from getting the flu

- Help prevent spreading the flu to family and friends
- Can be lifesaving for children
- Reduce hospital stays caused by the flu
- Lessen the severity of flu symptoms
- Approved vaccines include the flu shot and nose spray for some children and adults

Everyone 6 months or older should get a yearly flu vaccine

- People with life-threatening allergies to the flu vaccine or the vaccine ingredients shouldn't get the flu vaccine
- Always check with your healthcare team to decide which option is right for you

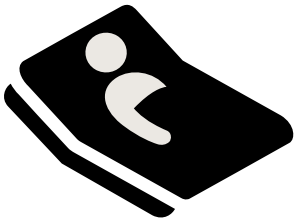
Prevention

- Get your yearly flu vaccine
- Encourage family & friends to get their flu vaccine
- Wash your hands often
- Avoid close contact with people that may have the flu
- Limit touching your eyes, nose and mouth after coming into contact with people that have the flu
- Cover your nose and mouth when coughing



Treatment

Home Treatment Options:



- Stay home and rest
- Drink plenty of liquids
- Avoid alcohol and tobacco products

Antiviral Drugs May Be an Option for you:

- Your provider may recommend this option
- These drugs may shorten the time you are sick and prevent hospital stays caused by the flu



Flu Care and Warning Signs

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If you think you have flu symptoms, you have many options to receive care



PresRN – a local nurse advice line available 24/7 to help you answer your health questions.

- Turquoise Care: (505) 923-5677 or 1-888-730-2300 (TTY 711)
- Medicare: (505) 923-5573 or 1-800-887-9917 (TTY 711)
- All others: (505) 923-5570 or 1-866-221-9679 (TTY 711)



VirtualPRES – schedule an online exam 24/7 from your smartphone, tablet or computer.

For more information, log into myPRES at **www.phs.org/myPRES** or go to **www.phs.org/virtualcare.**



Primary Care Provider (PCP) – Contact your PCP to discuss your symptoms and determine the level of care you need.



Urgent Care/ Emergency Room (ER) – Seek these options if you are high risk or have serious flu-related complications.

Visit **www.phs.org** for locations and hours.

Emergency Flu Warning Signs



Please seek medical attention immediately if you or your child have any of these symptoms:

- Trouble breathing, shortness of breath or bluish lips or face
- Chest pain
- Dehydration or no urine for eight hours
- Not alert or low interaction when awake
- Fever above 104°F
- Seizures, dizziness or confusion
- Severe muscle pain or weakness
- Worsening chronic medical conditions such as, but not limited to, asthma, lung disease, heart disease, and blood or liver disorders
- Fever or cough that improves then returns or worsens

Contact Us



Presbyterian Customer Service Center

Our local Presbyterian Customer Service Center can help answer questions about your health plan, help with choosing a provider or to make an appointment. Please call them at the number on your member ID card.

Content adapted from Center for Disease Control and Prevention. Influenza (Flu). **www.cdc.gov/flu.** June 12, 2026.
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