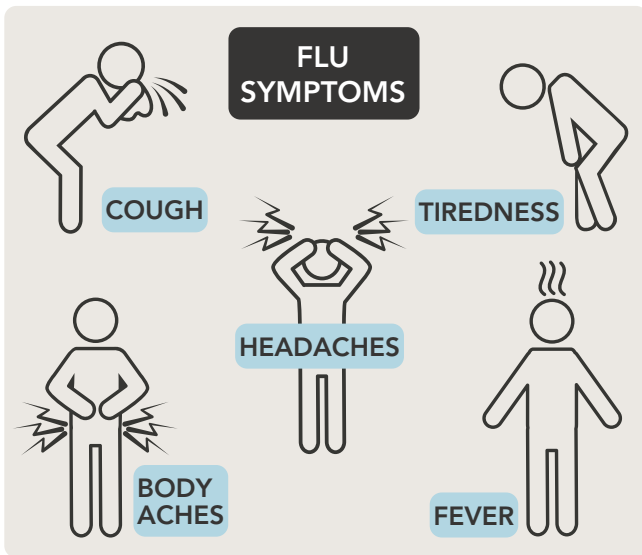


Influenza (Flu)

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 age six 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

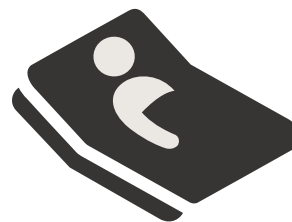
Prevention

- 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

