

# “Take 3” to Fight the Flu

#1

## Vaccinate

### Who should get a flu vaccine?

- ◆ Every one, every year. Flu vaccine is the first and most important step in protecting against flu viruses.
- ◆ Everyone 6 months of age and older should get vaccinated as soon as vaccine is available.
- ◆ It's especially important for people at high risk of serious flu complications to get a flu vaccine. They include:
  - ◆ Young children
  - ◆ Pregnant women
  - ◆ People with chronic health conditions like asthma, diabetes or heart and lung disease
  - ◆ People 65 years and older
- ◆ Health care workers and anyone who lives with or cares for people at high risk.
- ◆ Anyone who cares for children younger than 6 months old.

#2

## Stop Germs

- ◆ **Wash your hands often** with soap and warm water, or use an alcohol-based hand sanitizer.
- ◆ **Cover your nose and mouth** with a tissue when you sneeze, cough or blow your nose. Wash your hands after disposing of the tissue.
- ◆ **If you don't have a tissue, cough or sneeze into your sleeve/elbow.**
- ◆ **Regularly clean surfaces** in your home that are touched often, like light switches, etc.
- ◆ **Avoid touching your eyes, nose or mouth.** Germs can spread by touching them.
- ◆ **Avoid close contact with sick people.**
- ◆ **If you get the flu, stay home** for at least 24 hours and avoid contact with other people, except to get medical care.

#3

## Antiviral Drugs

- ◆ If you get the flu, antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.
- ◆ Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- ◆ It's very important that antiviral drugs be used early (within the first 2 days of symptoms).

**Flu symptoms may include:** sudden onset of fever, cough, headaches, body aches, chills, weakness and extreme fatigue.



Spokane Regional Health District, in accordance with recommendations from the Centers for Disease Control and Prevention (CDC) urge you to take these steps to protect yourself and others from the flu.

For more information, visit [www.srhd.org](http://www.srhd.org) or call the SRHD Flu Hotline at (509) 324-1643.