

Get the facts NOT the **FLU**

WHAT ARE THE SIGNS AND SYMPTOMS OF THE FLU VIRUSES IN PEOPLE?

The symptoms of flu include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people may experience diarrhea and vomiting.

HOW CAN I GET THE FLU?

Flu viruses spread from person-to-person through coughing or sneezing of infected individuals. You can also get the flu by touching something with the flu virus on it and then touching your mouth or nose.

IS THERE A VACCINE AVAILABLE TO PREVENT FLU VIRUSES?

Yes. The flu vaccine is available for ages 6 months and up. Every year, the flu vaccine is produced to protect against the most common influenza viruses circulating. You cannot get the flu from the vaccine.

WHAT SHOULD I DO TO KEEP FROM GETTING OR GIVING THE FLU TO OTHERS?

Wash your hands. Try not to touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick. Try to stay in good general health. **Stay home from work or school until you are fever-free for 24 hours without taking fever-reducing medicines.**



Southeast Health District
"Keeping Communities Safe and Healthy"

www.sehdph.org

We are also on:



Stop by your local health department to get your flu vaccine—no appointment needed!

