

The

FLU

Be Real,

Be Ready,

Be Responsive

Be Real: Know the facts

High-risk groups for Seasonal flu

- Children aged 6 months up to their 19th birthday**
- Pregnant women**
- People 50 years of age and older**
- People of any age with certain chronic medical conditions**
- People who live in nursing homes and other long-term care facilities**
- People who live with or care for those at high risk for complications from flu**

Be Real: Know the Facts

High risk for H1N1 flu:

- Pregnant women
- Household contacts and caregivers for children younger than 6 months of age
- Health care and emergency medical services personnel
- All people from 6 months through 24 years of age
- Children from 6 months through 18 years of age
- Young adults 19 through 24 years of age
- Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza

- **Flu is spread by:**
 - Touching someone who has the virus.
 - Touching something with the virus on it.
 - The spread of respiratory droplets through coughing or sneezing.



Think You Have the Flu? What Are Flu Symptoms? Know the **FACTS**

- **F**ever
- **A**ches
- **C**hills
- **T**iredness
- **S**udden symptoms



Be ready

- Wash your hands often.
- Cover your nose and mouth with a tissue when you cough or sneeze, and throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose and mouth.
- Get the flu vaccines, both seasonal and H1N1.
- If you are alone, have a plan for someone to check on you.

Be responsive

- **Stay home if you are sick, and limit your contact with others.**
- **Drink plenty of fluids.**
- **Use over the counter medicines safely (as directed).**
- **Contact your doctor if you are worried, try to not go to the Emergency Room.**
- **Check on those who may be alone and ill.**

