

# 2011-2012 FLU PRECAUTIONS



## What do you need to know about this year's flu?

- ✦ Flu vaccinations begin in the fall. But you can get the flu earlier or later in the year.

## What about the flu vaccine?



- ✦ This year the vaccine is a combination of the seasonal flu and the H1N1 in a single dosage.

## What are the symptoms of the flu?



- ✦ Flu symptoms include fever, sore throat, cough, runny or stuffy nose, body aches, chills and fatigue (not everyone with flu has a fever). Some people experience stomach upset and diarrhea.

## What to do if you get sick?



- ✦ If you have flu symptoms, stay home, get plenty of rest, drink fluids and take over-the-counter medicine for pain and fever. If you are sick, stay home from work, school and other public places.

## How to avoid the flu?



- ✦ Wash your hands, scrub for at least 20 seconds. Wash with soap and water and/or use a hand sanitizer.
- ✦ Cover your cough or sneeze with a tissue. Cough or sneeze into your elbow.
- ✦ Avoid touching your eyes, nose and mouth.
- ✦ Avoid being around people who are sick as much as possible.
- ✦ Get enough sleep, eat healthy foods and be physically active.