

The FLU and YOU

1. **Get Vaccinated.** There's a new enemy in town, it is called the flu. You can GIVE FLU THE BOOT! by getting vaccinated as soon as possible. No excuses; there are locations everywhere. Everyone 6 months of age and older should get an annual flu shot.
2. **Even healthy people can get and spread the flu.** Everyone should get an annual flu shot. People who are infected with the flu may be able to spread it from one day before getting sick to about 5-7 days after getting sick. That's why it is so important to GIVE FLU THE BOOT! by getting vaccinated as soon as possible.
3. **Holiday travel.** Spending time with family is a special part of the holidays, so GIVE FLU THE BOOT! by getting vaccinated so that you don't bring along an uninvited guest, the flu. Getting vaccinated against the flu is especially important before traveling or gathering with friends and family. A flu shot is the best protection against the flu and its complications.
4. **You get maximum flu protection.** It takes about two weeks after the shot for a person to get the full benefit. People who get a shot in mid-December should have full protection by the start of the year and before the peak of the flu season, which is usually January and February.
5. **It's Not Too Late.** The peak of the flu season is a few weeks away. Flu season usually peaks around January/February. If you haven't gotten your annual flu shot, it's not too late. Getting vaccinated is effective against the seasonal flu. Don't miss out on work or time with your family ... GIVE FLU THE BOOT!
6. **Stay healthy, stop the spread of germs.** Get enough rest/sleep, proper nutrition, exercise regularly and get enough fluids. Do not share personal items. Keep common surfaces such as door knobs, refrigerator door handles, telephones and faucets clean and avoid directly touching them with your hands when possible.
7. **Wash your hands properly.** Wet them with warm water. Lather up both of your hands with soap. Scrub your hands for at least 20 seconds, and be sure to wash your fingers, fingernails and wrists. Rinse your hands thoroughly using warm water. Dry your hands or let them air dry if there is no clean towel available. Use an alcohol-based sanitizer if soap is not available.
8. **Is it a cold or the flu?** The flu differs from a cold in that a cold generally stays up in the head while the flu brings body aches, fever, and extreme fatigue. A child with a cold will usually keep up with normal activities, while a child with the flu will often feel too sick to play.

