

Keep Your Family Healthy During Flu Season

Get your flu vaccine

- Flu affects everyone, including healthy young people.
- Vaccines are the best way to keep your family from getting sick.
- The flu vaccine is updated every season.
- The 2010-2011 seasonal flu vaccine will contain many strains of flu, including the H1N1 flu.
- The 2010-2011 seasonal flu vaccine is safe and recommended for everyone age 6 months and older.
- Everyone age 6 months and older should get the seasonal flu vaccine beginning in fall of 2010, even if you got a vaccine during the last outbreak.
- Flu vaccines are available as a shot and as a nasal mist. Talk to your doctor about which type is right for you and your family.
- Sooner is better. Immunity can take two to three weeks after vaccination.

Stay safe

- Make sure your family gets their seasonal flu shot.
- Try not to touch your eyes, nose and mouth without first washing your hands.
- If a family member gets sick, make sure other family members keep their distance.
- Clean surfaces with an antiviral disinfecting wipe or spray. Surfaces include door knobs, keyboards, tables, etc.

Stay clean

Wash hands often with soap and water or use an alcohol-based hand sanitizer, especially after coughing and sneezing.

Stay covered

Cover the nose and mouth with a tissue when coughing or sneezing and throw away the tissue after use. Teach your child to cough or sneeze in his elbow when tissue is not available.

What should I do if I get the flu?

- Stay home until you are fever-free without having to take medicine for at least 24 hours.
- Avoid crowded places, such as school, work, church and shopping areas.
- Drink plenty of cool, clear liquids and get plenty of rest.
- Call your healthcare provider if you have questions.

Resources

www.choa.org/flu

www.choa.org/tipsheets (available in English and Spanish)

www.flu.gov

www.nichd.nih.gov

Find a local flu clinic

www.flu.gov/individualfamily/vaccination/locator.html

Handwashing tips

- Wet hands with warm running water.
- Place soap in palms and rub together vigorously to make a lather for 15 seconds (or the time it takes to sing a verse of *Happy Birthday*).
- Rinse soap off hands with warm running water.
- If possible, turn the faucet off by using a paper towel. Dry hands with a paper towel—do not dry hands on clothing.
- If soap and water are not available, use hand sanitizer. Wash visibly dirty hands with soap and water if available.



Flu vs. Common Cold

Learn to recognize the symptoms of flu and teach others how to protect themselves from getting or spreading flu.

	Flu	Common Cold
Description	Respiratory illness caused by one of the following viruses: influenza A, influenza B or H1N1 flu	Respiratory illness caused any one of a number of viruses
Possible symptoms	<ul style="list-style-type: none"> – Extreme tiredness/fatigue – Fever (generally higher than 100.4°F) – Headache – Dry cough – Sore throat – Runny or stuffy nose – Body aches – Chills – Nausea, vomiting and diarrhea (more common in children) <p>Complications resulting from flu include:</p> <ul style="list-style-type: none"> – Bacterial pneumonia – Ear infections (more common in children) – Sinus infections – Dehydration – Worsening of chronic medical conditions, such as congestive heart failure, asthma and diabetes 	<ul style="list-style-type: none"> – Runny nose – Sneezing – Tiredness – Stuffy nose – Mild cough
How to distinguish	<ul style="list-style-type: none"> – Symptoms are more intense. – Symptoms can result in more serious health problems, such as pneumonia, hospitalization and death. 	<ul style="list-style-type: none"> – Symptoms are milder. – Symptoms do not generally result in serious health problems, such as pneumonia, bacterial infections or hospitalization.
How to prevent	<ul style="list-style-type: none"> – Get vaccinated every fall. – Avoid close contact with individuals who are sick. – Stay home when you are sick. – Practice good health habits, such as handwashing and covering coughs and sneezes. – Avoid touching eyes, nose or mouth. – Disinfect surface areas and linens often. 	<ul style="list-style-type: none"> – Avoid close contact with individuals who are sick. – Stay home when you are sick. – Practice good health habits, such as handwashing and covering coughs and sneezes. – Avoid touching eyes, nose or mouth. – Disinfect surface areas and linens often.