



Flu is a **contagious** disease that can lead to **hospitalization** and even **death**.



Flu symptoms can include:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle and body aches
- headaches
- fatigue (tiredness)
- sometimes diarrhea and vomiting, though this is more common in children than adults

*It's important to note that not everyone with flu will have a fever.

For more information, visit www.cdc.gov/flu or call **800-CDC-INFO**.

Department of Health and Human Services
Centers for Disease Control and Prevention

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FIGHT FLU

CDC Says
"Take 3"
Actions
To Fight Flu



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

CDC urges you to take the following actions to protect yourself and others from influenza (**flu**):

#1

Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important action to protect against flu and its potentially serious complications.
- Flu vaccination has been shown to:
 - » Reduce the risk of flu illnesses, hospitalizations and even the risk of flu-related death.
 - » Prevent serious medical events associated with diabetes and heart and lung disease.
 - » Protect from serious flu illness during and after pregnancy and protect babies from flu after birth for several months.
 - » Reduce severity of illness in people who get vaccinated but still get sick.
 - » Protect people around you from flu, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.
- New this season, CDC and ACIP preferentially recommend three flu vaccines for people 65 and older:
 - 1) **Fluzone High-Dose** quadrivalent inactivated flu vaccine
 - 2) **Flublok Quadrivalent** recombinant flu vaccine
 - 3) **Fluad Quadrivalent** adjuvanted inactivated flu vaccineAvailable studies suggest that in this age group, these higher-dose vaccines are potentially more effective than unadjuvanted standard-dose flu vaccines.
- **Everyone 6 months and older should get an annual flu vaccine**, ideally by the end of October, but vaccination of people at higher risk is especially important to decrease their risk of severe flu illness.
 - » People at higher risk of serious flu complications include young children, pregnant people, people with certain chronic health conditions like asthma, diabetes, heart and lung disease and people 65 years and older.



#2

Take everyday preventive actions to help reduce the spread of germs.

- Avoid close contact with sick people.
- Wear a face mask when caring for a sick person with flu at home. The sick person should avoid close contact with others or wear a face mask when around others in the home.
- Wash your hands with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- When sick, limit your contact with others as much as possible to keep from infecting them.



#3

Take flu antiviral drugs if your doctor prescribes them.

- If you get sick with flu, antiviral drugs can be used to treat your illness.
- CDC recommends prompt treatment with antiviral drugs for people who have flu or suspected flu and who are at higher risk of serious flu complications
- Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Studies show that **flu antiviral drugs work best for treatment when they are started within two days of getting sick**, but starting them later can still be helpful, especially if the sick person is at increased risk or is very sick from flu.
- **If you get flu symptoms and are at higher risk for serious flu complications, call your health care provider as soon as possible** so you can be treated with flu antivirals if needed.

