

Topic of the month:

Influenza / Flu Prevention

What Are The Influenza / Flu Symptoms?

People who have the flu often feel some or all of these symptoms:



COUGH



SORE
THROAT



FATIGUE



RUNNY OR
STUFFY NOSE



HEADACHE



SNEEZING



FEVER



BODY ACHES



It's Time To Protect Yourself!

The flu season is here! Getting an annual flu vaccine is the first and best way to protect yourself and those around you from the flu.

Myth & Fact

MYTH You don't need to get the flu shot every year

FACT: A person's immune protection from vaccination declines over time, so an annual vaccination is needed for almost everyone 6 months and older to get the best protection.

MYTH The flu shot could give you the flu

FACT: A flu shot cannot cause flu illness. The most common side effects from the vaccine are usually mild and last less than 2 days:

- Soreness
- Headache
- Muscle aches
- Redness
- Low-grade fever
- Swelling where the shot was given

MYTH You will not get sick with flu symptoms if you get the flu shot

FACT: There are several reasons why someone might get flu symptoms, even after they have been vaccinated against the flu:

1. Getting exposed to other respiratory viruses which the influenza vaccine doesn't protect against.
2. Getting exposed to influenza viruses shortly before or after getting vaccinated (i.e. during the period that it takes your body to develop immune protection)
3. Getting exposed to a flu virus that is very different from the viruses the vaccine is designed to protect against.

MYTH It is better to get the flu than the flu vaccine

FACT: Flu can be a serious disease, particularly among older adults, and people with certain chronic health conditions, such as asthma, heart disease or diabetes resulting in a risk of serious complications, hospitalization or death.

Influenza / Flu Prevention



WASH HANDS
WITH SOAP



SANITIZE
SHARED ITEMS



DO THE SLEEVE
SNEEZE



VACCINATION