

## WHAT YOU CAN DO

### Flu

**Flu (Influenza) causes fever, cough, body aches, tiredness, sore throat and runny nose. Some people that get the flu can get very sick.**

**Here is what you can do to keep from getting it or to feel better if you do.**



*If you get sick, stay home from work or school.*



*Wash your hands often with soap and water.*



*Call your doctor if you have fever for more than 3 days.*

- A flu shot is the best way to keep from getting the flu. The shot cannot give you the flu.
- All people age 6 months or older should get a flu shot.
- It is best to get a flu shot in October or November before flu season starts, but you can still get one until the middle of February.
- Stay away from people who are sick. Flu germs spread through the air. If you get sick, stay home from work or school.
- Wash your hands often with soap and water. Try not to touch your eyes, nose or mouth.

**Ask your doctor** where to get a flu shot if your doctor does not have a supply.

**Ask your doctor** if you need medicine for the flu even if you had a flu shot.

**Tell your doctor** if you have any allergies.

**Call your doctor** if you are sick and do not know if it is from a cold or the flu.

**Call your doctor** if you get the flu and you:

- Have a fever for more than 3 days
- Have problems breathing
- Cannot eat or drink

**Date** for flu shot is: \_\_\_\_\_

#### **Things to ask your doctor about the flu:**

- How serious is the flu?
- Why is it so important to keep from getting the flu?
- Is there something other than a shot I can take to keep from getting the flu?
- Do some people get sick after the flu shot?
- Who else in my family should get a flu shot?
- How do I know if I have a cold or flu?
- If I get the flu:
  - What can I do for the fever, cough and aches of the flu?
  - Are there medicines I can take?
  - How do I keep from giving it to other people?

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For more information, go to [www.MedlinePlus.gov](http://www.MedlinePlus.gov) and search for "Influenza".

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