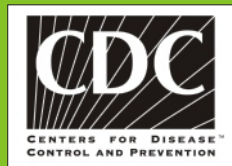


Flu is a serious contagious disease

Each year in the United States, on average:

- ***More than 200,000 people are hospitalized from flu complications.***
- ***20,000 of those hospitalized are children younger than 5 years old.***
- ***36,000 people die from flu.***

Take action to protect yourself and your loved ones from the flu.



CDC Says “Take 3” Steps To Fight The Flu

The Centers for Disease Control and Prevention (CDC) urges you to take the following steps to protect yourself and others from influenza.

1

Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against this serious disease.
- While there are many different flu viruses, the flu vaccine protects against the three main flu strains that research indicates will cause the most illness during the flu season.
- The vaccine can protect you from getting sick from these three viruses or it can make your illness milder if you get a different flu virus.
- Getting a vaccine is very important for people at high risk for serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart or lung disease, and people 65 and older.
- People who live with or care for those at high risk should also get a flu vaccine to protect their high-risk contact.

2

Take everyday preventive actions.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- If you get the flu, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth. Germs spread this way.

3

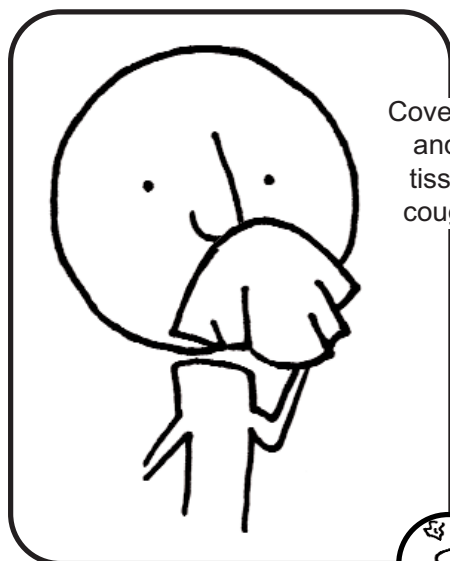
Take flu antiviral drugs if your doctor recommends them.

- If you do get the flu, antiviral drugs are an important treatment option. (They are not a substitute for vaccination.)
- Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight the flu by keeping flu viruses from reproducing in your body.
- Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. This could be especially important for people at high risk.
- For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).
- Flu symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches.

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

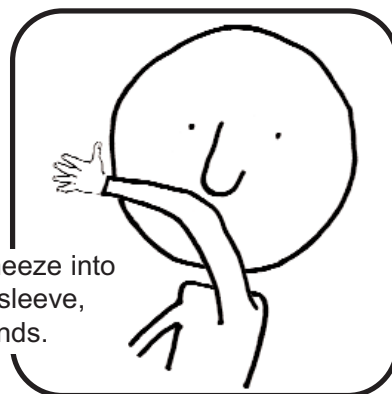
Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.



You may be asked to put on a surgical mask to protect others.

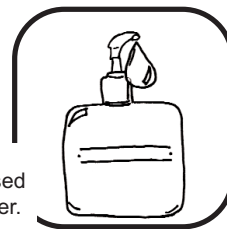
Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds or

clean with alcohol-based hand cleaner.



Minnesota Department of Health
717 SE Delaware Street
Minneapolis, MN 55414
612-676-5414 or 1-877-676-5414
www.health.state.mn.us



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COVER MOUTH AND NOSE



CLEAN HANDS

Cover Coughs and Sneezes. Clean Hands.

Be a germ stopper at school — and home. Cover your mouth and nose when you cough or sneeze. Use a tissue and throw it away.

Clean your hands a lot

- After you sneeze or cough
- After using the bathroom
- Before you eat
- Before you touch your eyes, mouth or nose

Washing hands with soap and water is best. Wash long enough to sing the "Happy Birthday" song twice. Or, use gels or wipes with alcohol in them. This alcohol kills germs!

Stop germs. And stop colds and flu.

