



## BE AWARE OF THE FLU **F.A.C.T.S.**

The most common symptoms include:

- **F**ever
- **A**ches
- **C**hills
- **T**iredness
- **S**udden onset

CALL YOUR DOCTOR  
RIGHT AWAY IF YOU  
START FEELING  
THESE SYMPTOMS

IF YOU GET THE FLU

- Take your medication as prescribed by your doctor
- Ask your doctor about prescription flu medicine for your family

**FLU** F.A.C.T.S.  
Visit [flufacts.com](http://flufacts.com)  
to learn more



**FIGHT  
THE  
FLU**



## THE FLU IS A CONTAGIOUS DISEASE THAT CAN BE SERIOUS.

- Millions of Americans get the flu each year
- People with the flu sometimes need to be hospitalized and may die of flu complications

## “TAKE 3” TO HELP PROTECT YOURSELF AND OTHERS AGAINST THE FLU

### #1: Take time to get a flu shot

- Vaccination is the best way to help prevent getting the flu
- People 6 months of age and older should get vaccinated every year; ask your doctor where to get the flu shot

### #2: Take preventive actions to stop the spread of germs

- Cover your mouth and nose when you cough or sneeze
- Frequently wash your hands with soap and water
- If you are sick, stay at home for at least 24 hours after fever is gone

### #3: Take flu medications if your doctor prescribes them

- Prescription flu medications can help stop the virus from spreading and shorten the time you are sick