

Help Reduce the **FLU**@Work

Each influenza (or flu) season is unique and cannot be predicted. On average, approximately five to 20 percent of US residents get the flu each year. Influenza infections are associated with substantial medical costs, more than 200,000 hospitalizations and thousands of deaths annually in the US. Wondering how you can stop the flu in its tracks? Here's a simple checklist.

✓ GET A FLU VACCINE

The flu vaccine is the first and most important step in protecting against flu viruses. Ask your doctor where you can get a flu vaccine, or visit flu.gov to use the flu vaccine finder.



✓ FOLLOW SIMPLE PREVENTIVE MEASURES

- **Wash your hands** often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- **Practice flu etiquette.** Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- **Avoid** touching your eyes, nose, and mouth. Germs spread easily this way.
- **Stay home.** If you are sick, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.

✓ TRACK THE FLU

Visit FluFACTS.com to track the flu by ZIP code.

FOR MORE INFORMATION, VISIT:
www.nfid.org



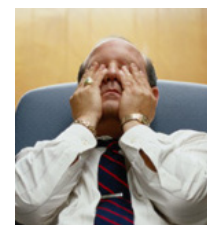
Genentech provided NFID support to assist in educating about influenza.

✓ KNOW THE F.A.C.T.S. – IS IT A COLD OR THE FLU?

Signs and Symptoms	Flu	Cold
Fever	Usually present (100 degrees or greater)	Rare
Aches	Usual, often severe	Slight
Chills	Fairly common	Uncommon
Tiredness	Moderate to severe	Mild
Symptom onset	Symptoms appear suddenly (within 3-6 hours)	Symptoms appear gradually
Other Symptoms		
Headache	Common	Rare
Stuffy Nose	Sometimes	Common
Sneezing	Sometimes	Usual
Sore Throat	Sometimes	Common
Chest Discomfort, Cough	Common; can become severe	Mild to moderate; hacking cough

Source: National Institutes of Health

Think you've been exposed to the flu? If your co-workers have the flu, you may be next. There may be steps you can take, such as taking antiviral medicines, that can prevent you from getting the flu and spreading it to others at work.



✓ CALL YOUR DOCTOR

Feeling sick? If you have flu symptoms, call your doctor immediately. He or she may prescribe antiviral medicines that directly attack the flu virus and may help you feel better faster. It is important to call your doctor quickly, as it is best to take these medicines within two days of getting sick with the flu.



✓ STAY HOME WHEN SICK

Influenza can spread quickly in the workplace, especially if people are coming to work sick and not visiting a doctor for appropriate treatment. If you have the flu, stay home to avoid infecting your co-workers.