

# FLU PREPAREDNESS GUIDE



Flu is unpredictable. Just as weather can move from state-to-state, so can flu viruses. When bad weather approaches, many prepare by making sure they have umbrellas, snow boots, and jackets. Yet, when the Centers for Disease Control and Prevention (CDC) issues flu season warnings, they are often ignored and too few individuals in the US get vaccinated. Remember, there is no need to weather the flu. When flu hits, take an active role in protecting your own health and the health of those around you.

## THERE IS NO NEED TO WEATHER THE FLU

Get the facts. Follow these flu prevention recommendations:

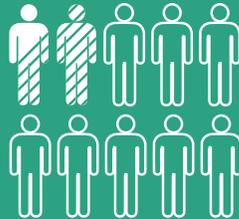
### ANNUAL FLU SEASON & PREVALENCE



1.

Get an annual flu vaccination

AN ESTIMATED  
**5-20%**  
OF U.S. POPULATION  
GET THE FLU



&



ARE HOSPITALIZED  
FROM SEASONAL  
FLU-RELATED  
COMPLICATIONS  
EACH YEAR

### FLU TRANSMISSION



2.

Take everyday preventive actions like hand washing and covering coughs and sneezes



Distance flu viruses can travel, primarily spread when people cough, sneeze, or talk



Time viruses can survive on hard surfaces, like desks and doorknobs



Time someone with flu can infect others BEFORE symptoms develop



Time someone with flu can infect others AFTER experiencing symptoms

### FLU VERSUS COLD



3.

At the first sign of flu, call your healthcare professional and see if prescription medicines are right for you. Prescription flu medicines work best when started within 48 hours of symptom onset

It is easy to confuse the flu and the common cold. While both are respiratory illnesses, they are caused by different viruses and have different symptoms.

To recognize flu symptoms, remember flu F.A.C.T.S.

### F.A.C.T.S.

- FEVER
- ACHES
- CHILLS
- TIREDDNESS
- SUDDEN ONSET

IF YOU EXPERIENCE FLU SYMPTOMS, A HEALTHCARE PROFESSIONAL MAY CONDUCT A RAPID FLU TEST.

### ASSEMBLE A FLU PREPAREDNESS KIT

Flu can hit quickly. Have the following tools on hand should you experience flu symptoms:

- Tissues
- Water
- Hand Sanitizer
- Disinfecting Wipes
- Thermometer

### DEVELOP AN EMERGENCY CONTACT LIST

Do you know who to call for medical advice if you or a loved one comes down with the flu? Don't weather the flu alone. Make a list of contacts including phone numbers of those who can help if you experience flu symptoms:

- \_\_\_\_\_  
Physician/Physician's Assistant
- \_\_\_\_\_  
Pediatrician
- \_\_\_\_\_  
Pharmacist
- \_\_\_\_\_  
Urgent Care Center

Make sure to let those close to you know if you are diagnosed with the flu, as you may have spread the virus to them. Create a communication plan ahead of flu season so that you know who to contact should you catch the flu:

- \_\_\_\_\_  
Work
- \_\_\_\_\_  
School
- \_\_\_\_\_  
Children
- \_\_\_\_\_  
Emergency Contact