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**

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:

1. **Get an annual flu vaccination**
2. **Take everyday preventive actions like hand washing and covering coughs and sneezes**
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**

**ANNUAL FLU SEASON & PREVALENCE**

- **AN ESTIMATED 5-20% OF U.S. POPULATION GET THE FLU**
- **OVER 200,000 ARE HOSPITALIZED FROM SEASONAL FLU-RELATED COMPLICATIONS EACH YEAR**

**FLU TRANSMISSION**

- **6 FEET**
- **2-8 HOURS**
- **1 DAY**
- **5-7 DAYS**

**FLU VERSUS COLD**

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.

- **SUDDEN ONSET**
- **FEVER**
- **ACHES**
- **CHILLS**
- **TIREDNESS**
- **IF YOU EXPERIENCE FLU SYMPTOMS, A HEALTHCARE PROFESSIONAL MAY CONDUCT A RAPID FLU TEST.**

**FLU PREPAREDNESS GUIDE**

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**F.A.C.T.S.**

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- **SUDDEN ONSET**

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**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**

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Genentech provided NFID support to assist in educating about influenza.