

# Flu season FAQ



## What are common symptoms?

Symptoms of flu are worse than an average cold and include:

- Headache and body aches
- Fever
- Nasal congestion
- Sore or dry throat
- Cough
- Chills and sweats
- Decreased appetite
- Decreased energy

## Who is at a higher risk for the flu?

Everyone is at risk during cold and flu season, but people more likely to catch the flu include:

- Young children
- Adults over 50 years old
- People with weakened immune systems
- Women who are pregnant
- Health care workers

The biggest risk factor is not getting an annual flu shot. The most common influenza strains are used to develop a different flu vaccine each year, which helps your immune system fight off those viruses.

Don't let the flu bug get you this year. Get a flu shot and talk to your provider if you think you're getting sick. Call 866-99NOFLU to learn more about extended evening and weekend hours.

## How can I prevent the flu?

The best way to prevent the flu is to get a flu shot as soon as vaccine is available. Good health habits can also help stop the spread of flu, including:

- Washing your hands often with soap and warm water (or use hand sanitizer)
- Not touching your eyes, nose or mouth
- Avoiding close contact with others who are sick
- Sanitizing surfaces like phones and keyboards with antibacterial wipes

## What can I do if I'm already sick?

If you think you might be sick:

- See your health care provider. Call 866-99NOFLU to learn more about extended evening and weekend hours, or request an Evisit for non-emergency situations.
- Use a protective mask in public
- Stay home and rest
- Drink plenty of clear fluids
- Use a humidifier to make breathing easier
- Use a nasal rinse or saline solution for congestion
- Gargle with salt water to soothe a sore throat
- Treat fevers or aches with over-the-counter meds
- Avoid contact with others
- Stay home at least 24 hours after fever is gone

