FLU FACTS

The flu is a respiratory illness that can be serious.

Common flu symptoms include:

- Fever
- Cough
- Sore throat
- Runny/stuffy nose
- Sometimes diarrhea and vomiting
- Body aches
- Headache
- Chills
- Tiredness

Complications from the flu can be:

- Pneumonia
- Sinus and ear infections
- Dehydration
- Worsening of chronic medical problems (like heart problems, asthma, and diabetes)

Are flu vaccinations safe?

Seasonal flu vaccines have a very good safety track record. Over the years, hundreds of millions of Americans have received seasonal flu vaccines. The most common side effects are mild, such as soreness, redness or swelling where the shot was given.

The flu virus changes every year.

That's why you need a new shot each year. It's best to get the flu shot in the fall to ensure it's working during flu season (generally October through March in the U.S.), but getting the shot late is better than not at all.

STAY INFORMED

Find information online...

Columbus Public Health
Immunization Clinic
www.publichealth.columbus.gov

Adult Immunization Coalition of Central Ohio
www.vaccine4me.com

Project L.O.V.E.
(infant, child & teen immunizations)
www.project-love.org

Columbus Pandemic Flu Information
www.columbuspandemicflu.org

Talk to your healthcare provider...

If you're concerned about your health, talk to your doctor about your symptoms. Ask questions and talk openly for the sake of your health.

Columbus Public Health
Healthier, Safer People

City of Columbus
Michael B. Coleman, Mayor

240 Parsons Ave, Columbus, OH 43215
www.publichealth.columbus.gov

Teresa C. Long, MD, MPH
Health Commissioner

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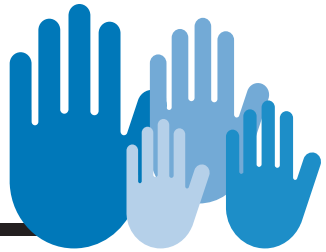
spread the word...

STOP THE FLU

Columbus Public Health
Healthier, Safer People

In the U.S., about 36,000 people die from the flu and over 226,000 people are hospitalized due to flu complications each year. Flu can also cost you in missed work, missed school, and medical bills.

STOP THE FLU BY FOLLOWING SOME SIMPLE STEPS...



WASH YOUR HANDS

Washing your hands often helps protect you from germs.

- Use soap and warm water, washing for at least 20 seconds.
- Use a towel or elbow to handle the faucet and doorknob after washing to keep your hands clean.
- Alcohol-based hand cleaners also work (with at least 60% alcohol) when you can't wash your hands.
- Teach children good handwashing by modeling it for them.

STAY HOME WHEN SICK

Staying home when you are sick protects others. Anyone with flu symptoms *(see Flu Facts)* should stay home from school, work or childcare for at least 24 hours after being free of fever without the use of fever-reducing medicine. Stay away from other people to keep from making them sick.

COVER YOUR COUGH

Covering your cough the right way can prevent those around you from getting sick.

- Use the sleeve of your clothes, elbow or shoulder to cover your cough or sneeze.
- Cover your nose and mouth with a tissue, throw away and wash your hands.
- Teach children how to cover a cough.

GET VACCINATED

Being vaccinated is the first and most important step to protect against flu.

The Centers for Disease Control and Prevention recommends the flu vaccine for everyone six months of age and older.

One vaccination is needed per year, unless a new flu virus appears, like H1N1 did in 2009.

Flu vaccine comes as an injection or nasal spray. Talk to your healthcare provider about which type is best for you.

You cannot get the flu from the flu vaccine.