

**DO**  
WITHOUT  
THE FLU



**This winter season, don't miss out on doing what you love with those you love. Do everything you want to do without the flu.**

The best way to avoid getting and spreading the flu is by getting a flu vaccine. Protect yourself and those around you, including infants six months and under who are too young to be vaccinated and elders at high risk for flu-related complications.

**Flu vaccines are available from your healthcare provider, local pharmacy, or mobile and community-based immunization clinics.**

NORTH  
**Dakota** Be Legendary.

Health & Human Services

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## DO GET YOUR FLU VACCINE

Flu vaccination is the smart way to prevent the flu and reduce the flu's severity. It could be the difference between feeling sick for a week and developing life-threatening pneumonia—a leading cause of death among Native elders.

## DO KNOW WHO IS MOST AT RISK: INDIGENOUS PEOPLE

As a group, Native Americans and Alaska Natives are more likely to get sicker from the flu, often resulting in hospitalization and death. Possible reasons for the higher risk are multi-generational homes, lack of sanitary services, and limited access to timely medical care.

Other people at risk for flu-related complications:

- Infants and children
- Adolescents with certain chronic conditions
- Pregnant women and women up to two weeks postpartum
- Those with pre-existing health conditions (cancer, diabetes, etc.)
- Elders

## DO RECOGNIZE FLU SYMPTOMS

Flu-like symptoms include fever, cough, chills, sore throat, runny nose, body aches, headaches and fatigue. Some people may have vomiting and diarrhea.



## DO LEARN FLU PREVENTION TIPS

- Stay away from people who are sick. If you or your child are sick, limit contact with others to keep from infecting them.
- Remember to cover your coughs and sneezes, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with viruses that cause flu.

## DO ASK YOUR DOCTOR ABOUT TREATMENT OPTIONS

If taken early, antiviral medications can make the flu milder. They can also prevent serious flu complications like pneumonia. Ask your doctor about prescribing antivirals because they are not available over the counter.

## DO GET YOUR FLU VACCINE

This winter season, don't miss out on doing what you want to do. Get vaccinated every year to protect yourself from the flu. And if you are an elder, ask your doctor about getting the pneumonia vaccine for extra protection against this serious viral lung infection.

**Flu vaccines are available from your healthcare provider, local pharmacy, or mobile and community-based immunization clinics.**

You or your family may qualify for free vaccine. Please visit [hhs.nd.gov/immunizations/public](https://hhs.nd.gov/immunizations/public) for more information. Administration fees may apply.

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Ask your Community Health Representative (CHR) or Community Health AIDE (CHA) for more information, or scan this QR code with your smartphone.

