

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 the flu is by getting a flu vaccine. It's the safe and effective way to protect yourself from serious illness.

Annual flu vaccines are recommended for everyone age six months and older to reduce the risk of flu-related complications.

Flu vaccines are available from your healthcare provider, local public health department, or local pharmacy.

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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.

DO KNOW WHO IS MOST AT RISK: ADULTS 65+

As we age, our immune systems can weaken. That makes older adults more susceptible to complications from the flu. The CDC estimates that between 70 - 85% of seasonal flu-related deaths and 50 - 70% of flu-related hospitalizations occur in people 65 and older. That's why it's important for people in this age group to get vaccinated.

Other people at risk for flu-related complications:

- Infants and children
- Pregnant women and women up to two weeks postpartum
- Adolescents with certain chronic conditions
- Certain racial and ethnic groups like indigenous peoples

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 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 ask your doctor about getting the pneumonia vaccine for extra protection against this serious viral lung infection.

Get your flu vaccine from your healthcare provider, local public health department, or local pharmacy.



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For more information visit ndflu.com or scan this QR code with your smartphone.

