

DO WITHOUT THE FLU



This winter season, don't miss out on doing what you love with those you love.

Make sure everyone in your home six months or older gets a flu vaccine. So together, you can 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. It's the safe and effective way to protect yourself and your family.

About 80% of childhood flu deaths happen in children who are not fully vaccinated against the flu.

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 can reduce flu illnesses, doctor visits, and missed work or school. And it can prevent flu-related hospitalization and death.

DO KNOW WHO IS MOST AT RISK: INFANTS AND CHILDREN

The flu is a respiratory virus that is different from a cold. Anyone can get sick with the flu, but children younger than age five are at a high risk of developing serious flu-related complications.

The first and best way to protect your kids against the flu is to get a yearly vaccine for yourself and your child. It's especially important that young children and children with long-term health problems get vaccinated. What's more, because infants younger than six months old are too young to be vaccinated, getting a flu vaccine will help you protect your youngest family members.

Other people at risk for flu-related complications:

- Adults aged 65 and older
- 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 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 everyone in your family six months and older vaccinated. Do your part to help protect yourself and your loved ones.

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

You or your family may qualify for free vaccine. Please visit hhs.nd.gov/immunizations/public for more information. Administration fees may apply.



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

