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Common Flu Symptoms

- Fever or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Feeling achy
- Headache
- Feeling run down
- Vomiting and diarrhea (most common in kids)



Tips for preventing the spread of the flu

1. Get the flu shot!
2. Cover your nose and mouth when you cough or sneeze
3. Wash your hands often
4. Avoid touching your eyes, nose and mouth
5. Try to avoid being around sick people

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All information not otherwise cited is from www.cdc.gov. All images are courtesy of google.com.

Benefits of Getting the Flu Shot



Information about the flu shot for young healthy adults

Why should I get the flu shot?

Did you know that healthy people who get the flu shot have fewer upper respiratory illnesses (URIs) and miss less work than those who don't get the shot? Studies show that healthy, working adults who get the flu vaccine have 25% fewer URIs, use 43% fewer days of sick leave from work because of URIs and have 44% fewer visits to the doctor's office for URIs than people who don't get the shot.*

* Nichol, Kristin L., et al. "The effectiveness of vaccination against influenza in healthy, working adults." *The New England Journal of Medicine* 333.14. (1995): 889-893. Web. 13 Nov. 2011. <<http://www.nemj.org>>.



Frequently Asked Questions

Can the flu shot give me the flu?

No. The virus in the flu shot has been killed and cannot infect you.

If I get the flu, how long am I contagious for?

If you have the flu, you can infect others starting 1 day before you start to feel sick and up to 7 days after you become sick

What are the side effects of getting a flu shot?

Studies show that the only real side effect from getting a flu shot is arm tenderness where you got the shot.

What are complications of the flu?

Possible complications include pneumonia, ear infections, sinus infections and dehydration.

How does the flu spread?

Flu spreads from person to person by droplets made by sick people when they cough, talk or sneeze.



For more Information...

- www.flu.gov
- 1-800-CDC-INFO
- As always, you can talk to your doctor about any questions you may have about the flu shot
- If you would like to get a flu shot, go to <http://www.flu.gov/Whereyoulive/index.html> to find the location nearest you.