

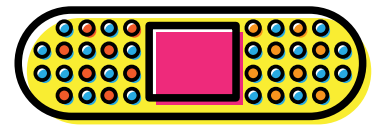
Tips to Help Prevent the Flu

The flu is a highly contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. *Here are some tips to avoid catching it.*

1

GET VACCINATED

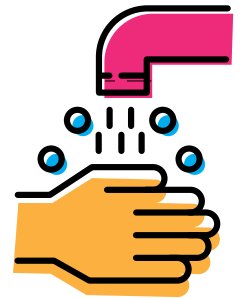
Getting your flu shot is the number-one thing you can do to avoid getting the flu. The flu shot takes two weeks to become fully effective. The CDC recommends annual flu vaccinations for everyone over 6 months old, unless contraindicated. You can get a flu shot through your primary care provider, the Florida Department of Health in Leon County or a retail pharmacy.



2

WASH YOUR HANDS

Scrub hands often with soap and water for at least 20 seconds. Keep gel sanitizer close by. Be mindful of what you touch, including high traffic areas like door handles, phones and elevator buttons.



3

HANDS OFF

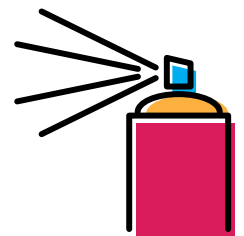
Avoid touching your eyes, nose and mouth. These are access points for viruses to enter your body.



4

DISINFECT SURFACES

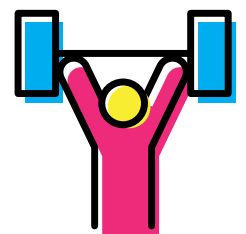
Kill flu germs by disinfecting surfaces, especially when someone is sick. Viruses can live on surfaces for up to eight hours.



5

STRENGTHEN YOUR IMMUNE SYSTEM

Stay active, get plenty of sleep, manage stress, drink plenty of water and eat nutritious foods. Healthy bodies are better able to fight flu.



6

COVER YOUR NOSE AND MOUTH

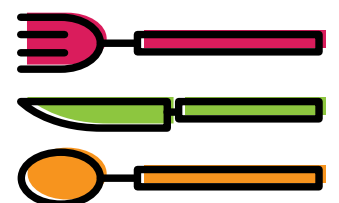
Cover your nose and/or mouth with your sleeve or a tissue when you cough or sneeze.



7

IT'S SOMETIMES NICE NOT TO SHARE

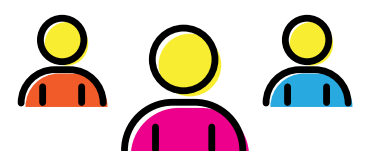
Don't share food, drinks, utensils and personal items. Try not to use a co-workers phone, desk, keyboard or other work tools.



8

SPACE IS GOOD

Avoid close contact with those who are already sick. Avoid shaking hands and giving hugs during flu season. If you are sick, stay home to protect others.



Is it a Cold, Flu or COVID-19

Know the differences in symptoms between a cold, the flu and COVID-19. COVID-19 symptoms may appear 2-14 days after exposure to the virus. The symptoms of a cold may come on gradually, while the flu usually starts abruptly. While symptoms can vary widely with each of these illnesses, this chart of common symptoms may help determine which illness you have.

MOST COMMON SYMPTOMS	COLD	FLU	COVID-19
Sore Throat	✓	✓	✓
Cough	✓	✓ Dry hacking cough	✓
Sneezing	✓		
Fever/Chills		✓	✓
Muscle Aches		✓	✓
Tiredness		✓	✓
Headache		✓	✓
Runny/stuffy nose	✓	✓	✓
Shortness of Breath		✓	✓
Loss of taste and/or smell			✓
Nausea or vomiting		✓	✓
Diarrhea		✓	✓

How to Treat the Flu

1

STAY HOME

Avoid contact with others except to get medical care. Isolate yourself from others in your home and wash your hands frequently to prevent spreading the infection.



2

REST

Get plenty of sleep!



3

STAY HYDRATED

Drinking plenty of fluids is key to feeling better, FASTER! Being dehydrated can lead to headaches and bodyaches.



4

USE A HUMIDIFYER

Use a humidifier to loosen mucus and help you breathe easier. Be sure change the water frequently to prevent mold growth in the container.



5

MEDICATION

Treat mild flu symptoms at home using over-the-counter medications such as anti-inflammatories (Ibuprofen, Tylenol), decongestants, throat lozenges and cough suppressants.



6

ANTIVIRAL DRUGS

If you have an underlying chronic disease, are over the age of 65 or if you are experiencing worsening symptoms, check in with your primary care provider to see if you need an antiviral drug. Taking antiviral drugs early can help prevent serious flu complications.



Know Where to Go to Seek Treatment

The flu can usually be treated at home with rest and liquids, but complications can be serious for certain individuals.

CALL
DOCTOR

If you are experiencing flu symptoms. The flu can often be treated at home with rest and liquids, but check in with your primary care doctor if you are high-risk or have an underlying illness and experiencing symptom to see if antiviral therapy is a fit for you. This has the greatest benefit when taken within 24 - 30 hours of symptom onset.

GO TO
URGENT
CARE

If you are lethargic.
If you have had a fever more than three days.
If you are not able to take in liquids or have not urinated at least every eight hours.

GO TO
ER

If you are short of breath or having difficulty breathing.
If you have chest pain.
If you are not alert or confused.
If you have dry lips, sunken eyes or decreased urine output.
If you have underlying illnesses like COPD, diabetes or heart disease.