The flu is a sickness caused by a virus. It is also called “influenza.” It can affect your nose, throat, head, and chest. You will feel very sick for about 7 days. You may feel:

- Fever
- Chills
- Body aches
- Cough
- Sleepy
- Headache
- Sore throat
- Runny nose
- Sneeze

Kids may also have:
- Vomiting
- Diarrhea
- Stomach Ache
Staying healthy

How can my family stay healthy?

1. Wash your hands with soap and warm water. Wash for 30 seconds.

2. Cough or sneeze into your elbow. Do not cough or sneeze into your hand.

3. Get a flu vaccine. It is also called a flu shot.

A flu vaccine protects you and your family from getting sick with the flu.
What should I do if I get sick?

1. Stay home until you have **no fever for one day**. Your temperature should be 98.6° F (37° C) or less.

   After you have no fever for 1 day, you can return to work or school.

2. Rest as much as you can.

3. Take Tylenol.

4. Drink lots of water.

5. **Wash your hands** with soap and warm water after you sneeze, cough, or blow your nose.
Let’s talk about flu vaccines

• A flu vaccine will protect you and your family from getting sick with the flu. Flu vaccines are very safe and they work very well.

• Who should get a flu vaccine? Most of us should get a flu vaccine every year.

How do flu vaccines work?

• A flu vaccine teaches your body how to fight the flu. After your vaccine, you will not get the flu. Your body will know how to fight it.

• Get a flu vaccine every year. Why? The flu changes every year.
Flu vaccines *only* prevent flu!

- A flu vaccine *only* prevents the flu. The flu causes fever, chills, cough and body aches. It makes you very sick for 7 days.

- A flu vaccine will *not* protect you from other sickness. You can still get a cold, sore throat or vomiting.

**True or False?**

1. A flu vaccine will protect you from a cold. **T F**
2. A flu vaccine will protect you from the flu. **T F**
3. Vomiting is *always* caused by the flu. **T F**
4. The flu causes fever, chills, cough and body aches. You will feel very sick for 7 days. **T F**
5. Most people should get a flu vaccine every year. **T F**

Answers: 1 - F; 2 - T; 3 - F; 4 - T; 5 - T
Flu Stories

Doctor Patricia - Madison, Wisconsin

“Most of my patients get the flu vaccine every year. I talk with my patients about why it is important to get the flu vaccine. I tell them it protects them from the flu.”

Hassan - Barron, Wisconsin

“I got my flu vaccine last year. I stayed healthy. I felt good that my friends and family would not catch the flu from me.”
Bridget - Green Bay, Wisconsin

“I am pregnant, so I got a flu vaccine this year. It was an easy thing to do to keep me and my baby healthy.”

Somow - Milwaukee, Wisconsin

“I don’t like shots, but my doctor told me how to get a free flu vaccine. It did not hurt. I just felt a short pinch. I was happy the doctor told me about it. I did not get sick.”
Let’s talk!

Questions? Fears? It’s okay!

It is normal to have questions or fears about flu vaccines. Talk to your doctor or nurse. Ask questions.

- What does your doctor say about flu vaccines?
- What do your family and friends say about flu vaccines?
- Who do you trust with your health? Why?
- Only YOU can decide what to do for your family.
My doctor

Name:
Address:
Phone number:
My next appointment:

Getting a flu vaccine

Where to go:
Address:
Phone number:
Date of flu vaccine:
Questions about the flu?
Talk to your doctor, nurse or pharmacist.

For more information:

Wisconsin Literacy, Inc.
211 S. Paterson St., Suite 260
Madison, WI 53703
608.257.1655
www.HealthLiteracyWisconsin.org
www.WisconsinLiteracy.org