



Let's Talk About The Flu

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What is the flu?

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



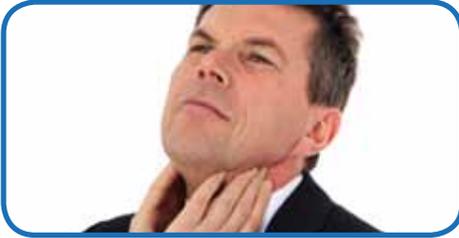
Sleepy



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.



1

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

- 2 Rest as much as you can.**



2

- 3 Take Tylenol.**



3

- 4 Drink lots of water.**

- 5 Wash your hands** with soap and warm water after you sneeze, cough, or blow your nose.

Flu Vaccines

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.



Flu

Cold

True or False?

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

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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.



Notes

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:

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