



# THE FLU HOW TO AVOID IT:

Get your flu shot early in the flu season so that you are already protected when the flu virus starts circulating in your community.

## HERE'S WHY IT'S IMPORTANT TO GET THE FLU SHOT:

- The flu shot is your best protection against the flu (influenza).
- The flu shot is not just for people with health problems. Healthy people can also get very sick from the flu and spread it to others.
- By getting the flu shot, you are protecting yourself, your family and others around you who may be at risk of flu complications.
- Influenza is not “just a cold” – it’s a serious illness that can lead to hospitalization and sometimes even fatality.
- Once you receive your flu shot, it can take up to 2 weeks to be fully protected against the flu.

Getting the flu shot is the most effective way to protect yourself and your family from the flu. Each year, the flu shot reduces doctor’s office and emergency room visits. It also reduces hospitalizations and decreases the risk of developing complications, such as pneumonia.

## CAN YOU TELL THE DIFFERENCE BETWEEN THE COMMON COLD AND THE FLU?

SYMPTOM	COLD	FLU
Fever	Rare	Frequent – sudden onset, lasting several days (102°-104°F or 38°-41°C)
Headache	Rare	Common – may be severe
Chest Discomfort, Cough	Rare	Common – may be severe
Sore Throat	Common	Common
Aches & Pains	Occasionally – mild	Common – may be severe
Fatigue & Weakness	Occasionally – mild	Common – may be severe, lasting 2-3 weeks
Runny, Stuffy Nose	Common	Common
Sneezing	Common	Occasionally
Nausea, Vomiting, Diarrhea	Common	Occasionally