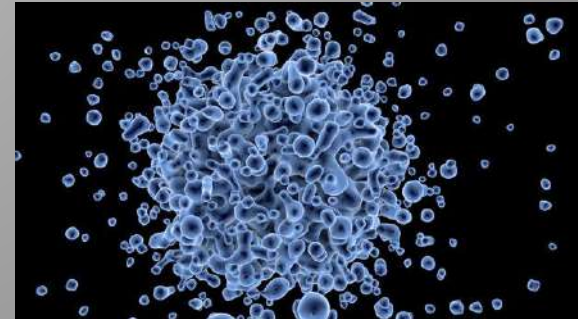
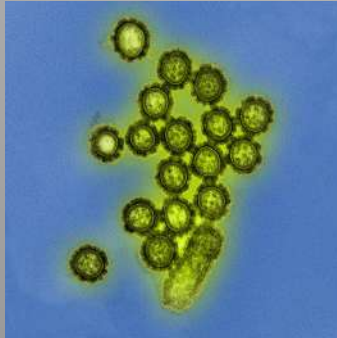
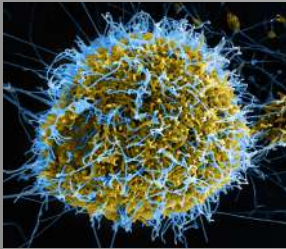


FIGHT THE

FLU

What is it?

- Influenza (flu) is a contagious respiratory illness caused by the [influenza viruses](#).
- It can cause mild to severe illness.
- Serious outcomes of flu infection can result in hospitalization or death.
- Some people, such as older people, young children, and people with [certain health conditions](#), are at high risk of serious flu complications.



What are the symptoms?

Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- fever*
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

*It's important to note that not everyone with flu will have a fever.



How does it spread?

- People with flu can spread it to others up to about 6 feet away.
- Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly their eyes.



What are the Treatments?

- Antiviral drugs are prescription medicines (pills, liquid, an inhaled powder, or an intravenous solution) that fight against the flu virus in your body. Antiviral drugs are not sold over-the-counter. You can only get them if you have a prescription from your doctor or health care provider. Antiviral drugs are different from antibiotics, which fight against bacterial infections.
- Get plenty of rest.
- Drink fluids to stay hydrated.
- Take OTC medications to relieve symptoms.

When is it most contagious?

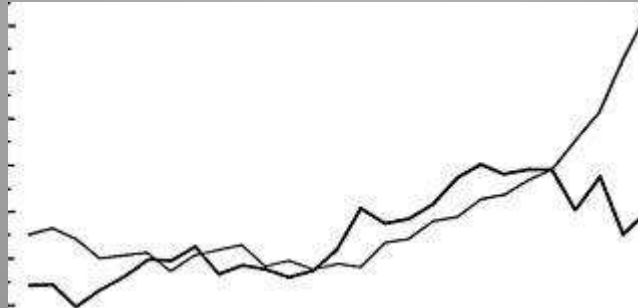
- People with flu are most contagious in the first three to four days after their illness begins. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick.
- Children and some people with weakened immune systems may pass the virus for longer than 7 days.

Symptoms can begin about 2 days after the virus enters the body. **That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.**



When is flu season?

- The timing of flu is unpredictable and can vary in different parts of the country and from season to season.
- Seasonal flu viruses can be detected year-round; however, seasonal flu activity often begins as early as October and November and can continue to occur as late as May.
- Flu activity most commonly peaks in the United States between December and February.



How do I prevent getting the flu?

- Avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone.(Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your mouth when you cough or sneeze.
- [Wash your hands](#) often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like flu.
- Get the flu shot!



Sleep
Cover
eight floors flu
your mouth
every day
when you
cough
Maintain
a healthy
diet

Sleep
Cover
eight floors flu
your mouth
every day
when you
cough
Maintain
a healthy
diet

Sleep
Cover
eight floors flu
your mouth
every day
when you
cough
Maintain
a healthy
diet

Take
prescribed



Take
prescribed



Take
prescribed



Take
prescribed

Why should I get the flu shot?

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against influenza and its potentially serious complications.
- While there are many different flu viruses, flu vaccines protect against the 3 or 4 viruses that research suggests will be most common.
- Flu vaccination can [reduce flu illnesses, doctors' visits, and missed work and school due to flu](#), as well as prevent flu-related hospitalizations.
- Flu vaccination also has been shown to significantly reduce a child's risk of dying from influenza.
- Also, there are data to suggest that even if someone gets sick after vaccination, their illness may be milder.
- Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October.

Spread the word!!!

Congratulations, you have passed your board exams and you are now a Medical Doctor! You must create an informative Influenza brochure to place in the lobby of YOUR clinic for your patients to read. It must be informative, yet to the point. It must be LEGIBLE and must look interesting so your patients want to read it. Your clinic opens tomorrow and it's already flu season so let's get this done!

- **Title (or Catchy phrase)**
- **How it is Spread**
- **Ways to prevent the flu**
- **Symptoms**
- **Treatments**
- **Make it interesting with graphics/pictures**

****must be legible and contain no grammatical errors****

Spread the Word!!

Let's educate our fellow Trojans about the flu! Create an informative poster with the following flu information to put up in the hallways. Work in groups of 4 to create a poster with the following components:

- Title (or Catchy phrase)
- How it is Spread
- Prevention
- Symptoms
- Treatments
- Make it interesting with graphics/pictures



Don't stop
Until you're
PROUD!

****The layout needs to match the poster size and must be legible and contain no grammatical errors****