

FIGHT FLU

CDC Says
"Take 3"
Actions
To Fight Flu

#1 TAKE TIME TO GET A FLU VACCINE.

- **CDC recommends a yearly flu vaccine** as the first and most important action to protect against flu and its potentially serious complications.
- People at higher risk of serious flu complications include young children, pregnant people, people with certain chronic health conditions, and people 65 years and older.
- New this season, CDC and ACIP preferentially recommend three flu vaccines for people 65 and older:
 - **Fluzone High-Dose** quadrivalent inactivated flu vaccine
 - **Flublok Quadrivalent** recombinant flu vaccine
 - **Fluad Quadrivalent** adjuvanted inactivated flu vaccine

Available studies suggest that in this age group, these higher-dose vaccines are potentially more effective than unadjuvanted standard-dose flu vaccines.

- **Everyone 6 months and older should get an annual flu vaccine**, ideally by the end of October. Vaccination of people at higher risk is especially important to decrease their risk of severe flu illness.

#2 TAKE EVERYDAY PREVENTIVE ACTIONS TO HELP REDUCE THE SPREAD OF GERMS.

- **Avoid close contact with sick people.**
- **Wear a face mask when caring for a sick person with flu** at home. The sick person should avoid close contact with others or wear a face mask when around others in the home.
- **Wash your hands 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.
- **When sick, limit your contact with others** as much as possible to keep from infecting them.

#3 TAKE FLU ANTIVIRAL DRUGS IF YOUR DOCTOR PRESCRIBES THEM.

- **If you get sick with flu, antiviral drugs can be used to treat your illness.**
- **CDC recommends prompt treatment with antiviral drugs** for people who have flu or suspected flu and who are at higher risk of serious flu complications
- Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Studies show that **flu antiviral drugs work best for treatment when they are started within two days of getting sick**, but starting them later can still be helpful, especially if the sick person is at increased risk or is very sick from flu.
- **If you get flu symptoms and are at higher risk for serious flu complications, call your health care provider as soon as possible** so you can be treated with flu antivirals if needed.

FLU-LIKE SYMPTOMS INCLUDE:

fever* or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscles and body aches, headache, fatigue, sometimes diarrhea and vomiting.

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



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

For more information, visit www.cdc.gov/flu or call 800-CDC-INFO

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