

# HELP BREAK THE SICK CYCLE

## PROTECT AGAINST THE FLU

On average, 5-20% of the US population gets the flu each year, and more than 200,000 are hospitalized from seasonal flu related complications. To recognize flu symptoms, remember Flu F.A.C.T.S. (Fever, Aches, Chills, (extreme) Tiredness, and Sudden Onset). While the flu is highly contagious, there are ways to help protect yourself.

The Centers for Disease Control and Prevention (CDC) recommends an annual flu vaccine as the first and most important step in protecting against flu viruses. If you or your child gets the flu, ask your doctor about prescription medicines.

### HOW FLU SPREADS

Flu droplets, which are mainly spread when people with the flu cough, sneeze, or talk, can spread to others

**6 feet away**

Flu viruses can also survive on hard surfaces like desks and doorknobs for

**2-8 hours**

Most healthy adults with the flu may be able to infect others beginning one day before symptoms develop and

**5-7 days**

after becoming sick

Children are

**2-3 times**

more likely than adults to get sick with the flu, and may pass along the virus for longer than 7 days

Close living quarters, shared restrooms, and a lot of social activities make college students more likely to catch the flu

## BREAK THE SICK CYCLE

### Act Quickly

Flu can be treated. Act quickly if you suspect the flu. Prescription medicines may help lessen symptoms and shorten the time you are sick by

**1-2 days**

### Doctor

Visit a healthcare professional for a proper diagnosis or go to an urgent care facility. Call your doctor to learn about flu treatment options.

**Visit FluFacts.com**

to search by zip code for a nearby Urgent Care facility

### Home

Stay home from work. CDC recommends you stay home for at least

**24 hours**

after your fever is gone