**HELP BREAK THE SICK CYCLE**

**PROTECT AGAINST THE FLU**

On average, more than 200,000 people in the United States are hospitalized each year from seasonal flu related complications. The flu comes on suddenly. Fever, cough, sore throat, runny nose, body aches and tiredness are all common flu symptoms to look out for. 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.

**Urgent Care**

Visit a healthcare professional for a proper diagnosis or go to an urgent care facility.

**Call your doctor**

to learn about flu treatment options.

**Home**

Stay home from work. CDC recommends you stay home for at least 24 hours after your fever is gone.