

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.
- **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.
- 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.
- While there are many different flu viruses, **flu vaccines protect against the viruses that research indicates will be most common during flu season.**

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

- Try to **avoid close contact with sick people.**
- **Cover your nose and mouth with a tissue when you cough or sneeze.** Throw the tissue in the trash after you use it.
- **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.
- **While sick, limit your contact with others as much as possible** to keep from infecting them.
- In the context of the COVID-19 pandemic, local governments or public health departments may recommend additional precautions be taken in your community. Follow those instructions.

#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.**
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid, or an inhaled powder) and are not available over-the-counter.
- **Antiviral drugs can make illness milder and shorten the time you are sick with flu.** They may also prevent serious flu complications.
- CDC recommends prompt treatment for people who have flu infection or suspected flu infection and who are at higher risk of serious flu complications.
- Studies show that **flu antiviral drugs work best when they are started within 2 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 are at higher risk from flu and get flu symptoms, call your healthcare provider early so you can be treated with flu antivirals if needed.** Follow your doctor's instructions for taking these medications.

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