

# When It Comes to the Flu, Prevention is the Best Medicine

Talk to your doctor about getting vaccinated—they can provide the flu shot. You can also get a flu shot at many local pharmacies, if the service is offered.

The Centers for Disease Control & Prevention (CDC) recommends the following steps to protect yourself and others from the flu:

## Take Time to Get a Flu Vaccine

- The CDC recommends a yearly flu vaccine.
- A flu vaccine is the best way to protect against the flu.
- Everyone six months of age and older should get a flu shot every year.
- Getting vaccinated is especially important for those at high risk for serious flu complications, including young children, pregnant women, those with chronic health conditions like asthma, diabetes, or heart or lung disease, and people 65 years and older.

## Take Preventive Actions to Stop the Spread of Germs

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Avoid touching your eyes, nose, or mouth.
- In the event you do get the flu, the CDC recommends that you stay home from work or school for at least 24 hours after your fever is gone.

## Take Antiviral Drugs if your Doctor Prescribes Them

- Antiviral drugs are prescription medicines that fight against the flu by keeping flu viruses from reproducing in your body. (They are not a substitute for vaccination.)
- Antiviral drugs can make your illness milder and speed up recovery. They may also prevent serious complications that can result from the flu.
- For treatment, antiviral drugs are most effective if started within 48 hours after the first symptoms occur.

Source: The Centers for Disease Control & Prevention



**Did you know? Flu vaccines cannot cause the flu. That's because the vaccine is made with inactivated viruses, or only a single gene from a flu virus, to make us immune without making us sick!**