

FLU PREVENTION



Get a flu shot. It's the No. 1 thing you can do to prevent the flu.



Wash your hands a lot. If you come in contact with people who are contagious, you have to wash your hands with soap. To completely get rid of viruses from your skin, you need to scrub hard for 20 seconds or more. A good way to time yourself is to sing "Happy Birthday" twice while scrubbing the backs of your hands, between your fingers, and under your nails. It doesn't matter if the water's hot or cold, the very act of scrubbing will physically remove the germs.



Use alcohol-based hand sanitizer on your hands as that kills cold and flu germs. Spread the sanitizer over the front, back and between the fingers and nails of your hand.



Avoid getting close to people who are sick. Don't stand close to someone who is ill and avoid shaking hands.



Keep your surroundings clean, do not share dishes, glasses and wash clothing, bedspreads, and towels of sick family members.



Household, social and workplace viral touchpoints

BIGGEST CHALLENGES



Shared dishes at a bar such as candy, peanut or chip bowls - DO NOT touch or eat from those



Dirty doorknobs and touch points - wipe frequently with disinfectant, especially when entering and leaving bathrooms



Germly linens, couch pillows, and throws - wash and dry



Used dishes, toothbrushes, and tissues - DO NOT share, discard tissues immediately and don't touch them - they are loaded with the virus

USE



Disinfecting spray



Rubbing alcohol



Washer and Dryer



Household bleach



Dishwasher



WHEN TO SEEK MEDICAL HELP

" If you or someone you're caring for is at high risk of flu-related complications and you suspect the flu, call the doctor. For those at high risk of flu-related complications, there's a greater chance that the flu might lead to pneumonia, bronchitis, sinus infections and, rarely, hospitalization or death. It can also worsen chronic health problems such as asthma and congestive heart failure."

- Quoted from the Mayo Clinic

FLU TREATMENT



Bed rest



Plenty of fluids



Sometimes your doctor may prescribe an antiviral medication