

Fight the Flu

Know the signs and stay safe!

Common Symptoms of the Flu

Fever ● Cough ● Runny or stuffy nose
Sore Throat ● Chills ● Headache
Increased tiredness (fatigue) ● Aches

What should I do if I think I'm sick with the flu?

- The best way to know if you have the flu is to be tested by a healthcare provider.
 - If you test positive, they may prescribe you medicine to help your body fight the flu.
- If you have or are at risk for developing severe flu symptoms, talking to your doctor is very important to your recovery.

How long should I stay home if I'm sick with the flu?

You may go back to your regular activities once its been 24 hours since:

- Your symptoms have improved and
- You haven't had a fever - without using fever medication.

After you go back to your regular activities, you should wear a mask and take added precautions for the next 5 days.

These precautions can include:

- Practicing good hand hygiene.
- Improving airflow and filtration indoors.
- Social distancing away from others.



5 steps to take to help you recover from the flu:



1. Stay at home and rest.
Do not go to work, school, social events, or public gatherings.



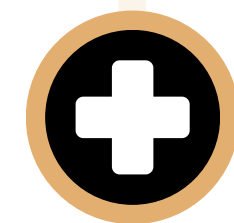
2. Avoid being around other people in your home.



3. Drink a lot water and other hydrating drinks.



4. Speak to your doctor about appropriate medication to take.



5. If symptoms become unmanageable or life threatening, seek medical care as soon as possible.



To learn more about the flu, visit our website

www.dch.co.walla-walla.wa.us/flu



Walla Walla County
Department of
Community Health

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Get a flu shot every year!

Why should I get a yearly flu vaccine?

- The vaccine is your best defense against the flu and lowers your chances of getting severely sick with the flu.
- Getting vaccinated also protects your family and friends. Especially young children, older adults, pregnant people, and people with immunocompromising conditions.
- Even though the flu vaccine does not protect against bird flu (H5N1), getting vaccinated is important to prevent co-infection (being sick with more than one illness at once).

More ways to **prevent** the spread of the flu:



Regularly washing your hands with soap and water.



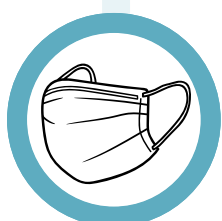
Using alcohol-based hand sanitizer and wet wipes.



Coughing and sneezing into a tissue or into your folded arm.



Staying home and away from others while sick.



If you are sick and have to leave your house, wearing a well fitting face mask.



Is the flu vaccine safe?

Yes, the flu vaccine is safe.

- Each year, the flu vaccine is created and rigorously tested for effectiveness and safety.
- Scientists and doctors continually monitor the safety of flu vaccines.
- Hundreds of millions of people in the USA have safely received flu vaccines for more than 50 years.

Will the vaccine give me the flu?

No, the vaccine cannot give you the flu.

- Flu vaccines are made with inactivated (killed) virus, weakened virus, or through methods that do not use the flu virus at all. None of these vaccines can get you sick.



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