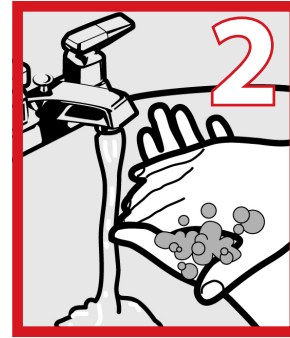


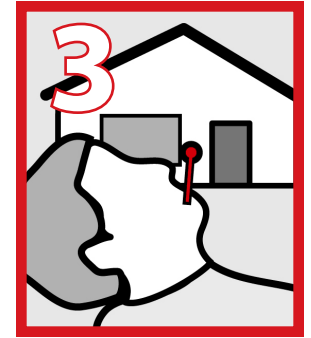
FIGHT THE FLU



Cover your cough



Wash your hands



Stay home if you have a fever

Protect yourself from all types of flu

- » Get a seasonal flu shot each year.
- » Wash your hands frequently with soap and water. Use an antibacterial hand sanitizer if soap and water are not available.
- » Don't touch your eyes, nose or mouth.
- » Clean common surfaces like doorknobs, faucets, and telephones.
- » Don't share personal items with anyone, not even family members.
- » Keep a distance from people who are sick.
- » Keep your immune system strong with regular physical activity, plenty of rest, and healthy food choices.
- » Lower your stress level.
- » Stop smoking.
- » Drink plenty of water.

Seasonal flu – a respiratory illness that occurs each year and is passed easily from person to person. Most people have some immunity and a vaccine is available. Each year, seasonal flu causes nearly 36,000 deaths in the United States.

Pandemic flu – a new strain of flu that spreads easily from person to person and causes widespread illness and death. There have been four influenza pandemics: 1918 Spanish Flu, 1957 Asian Flu, 1968 Hong Kong Flu, and 2009 Novel H1N1 Influenza.

	COLD	FLU
Fever	Rare	Usually present
Body Aches	Slight	Usually present, often severe
Chills	Uncommon	Fairly common
Fatigue	Mild	Moderate to severe
Coughing	Hacking, productive cough	Dry, unproductive cough
Sneezing	Common	Uncommon
Stuffy Nose	Common	Uncommon
Sore Throat	Common	Uncommon
Chest Discomfort	Mild to moderate	Often severe
Headache	Uncommon	Common
Appetite	Normal	Decreased
Symptom Onset	Develop gradually	Can appear quickly, within 4 to 6 hours