

Safety Topic

Avoiding the Flu: 3 Steps to Stay Healthy

Jaime Thorpe

Step 1: Get Vaccinated

- The regular flu shot will not protect you against swine flu
- The Swine flu vaccine will be out in a few months

Step 2: Be Smart

- Cover your nose and mouth with a tissue when you cough or sneeze, and then throw it away.
- Wash your hands properly with soap. Alcohol-based hand sanitizer can also be used.

Step 2: Be Smart

- Don't touch your eyes, nose, or mouth. This is how you get the flu germs.
- Avoid close contact with sick people.
- If you get the flu, stay away from people.

Step 3: Take Drugs

(if your doctor recommends them)

- If you get the flu, antiviral drugs can treat it.
- Antivirals are most effective if started within the first 2 days of symptoms.
- Antivirals are prescription drugs that fight the flu by keeping it from reproducing in your body.

Flu Symptoms

- Fever
- Headache
- Exhaustion
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Sometimes diarrhea and vomiting

Reference

- Centers for Disease Control and Prevention
<http://www.cdc.gov/flu/protect/preventing.htm>