

5 Tips to Protect You, Your Family and Your Community From Influenza.

1. **Get the flu vaccine!** The vaccine is the best way to prevent the spread of flu.
2. **Keep hands clean.** Wash your hands often and well. Use soap and water, washing for at least 20 seconds (hum “Happy Birthday” two times), and dry with a clean towel or paper towel. Or, use an alcohol-based sanitizer, rubbing until hands are dry. Wash your hands after a cough or sneeze, after using the bathroom, before eating and after contact with someone who is ill.



3. **Cough and sneeze into a sleeve or tissue.** Throw the tissue away after use and remember to wash your hands.
4. **Keep hands away from mouth, nose and eyes.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
5. **Stay home when sick, especially when a fever and cough are present.** If possible, stay home from work, school and errands.

Where Do I Get Vaccinated?

Obtain a flu vaccine from your medical provider, at your workplace or log on to www.flucliniclocator.org.

Free vaccines for adults and children are available from the Health Department. **Call 311 or log on to www.baltimorehealth.org for more information.**

Who Should Be Vaccinated?

Everyone is encouraged to talk with their doctor about the flu vaccine this season.

- ✓ People at risk for complications from flu can benefit most from the flu vaccine:
 - All adults 50 years of age and older
 - Children 6 months to 5 years of age
 - Pregnant women and caregivers of children less than 6 months
 - Any person with a chronic medical condition
- ✓ People who live with or care for those at high risk for complications from flu should also be vaccinated.
- ✓ It is especially important that health care providers receive the flu vaccine. Vaccination of health care workers decreases illness and death due to flu.

Two Types of Flu Vaccine

- **The “flu shot”** — an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. It is for people older than 6 months, including healthy people and people with chronic medical conditions.
- **The FluMist nasal-spray flu vaccine** — a vaccine made with live, weakened flu viruses that do not cause the flu (also called LAIV for “Live Attenuated Influenza Vaccine”). FluMist is approved for use in healthy people 2 to 49 years of age who are not pregnant.

Talk with your doctor or health care provider about which vaccine is best for you.



Flu Facts

Is it a cold or the flu?

A cold usually includes a runny nose or congestion. The flu tends to be more severe, with additional symptoms such as fever, body aches, a dry cough, and fatigue (feeling tired).

Signs and symptoms of the flu

- fever lasting several days
- severe muscle aches
- weakness or fatigue

along with

- dry cough
- sore throat
- runny nose or congestion
- children may have stomach complaints like nausea or diarrhea

Seeking care? Call Baltimore Healthcare Access at (410) 649-0500 for referrals to a doctor or help with insurance.

How Do I Treat the Flu at Home?

- Drink lots of liquids.
- Get plenty of rest.
- Avoid using tobacco and alcohol.
- Treat symptoms with appropriate over-the-counter medicines: age-appropriate doses of acetaminophen or ibuprofen for fever and muscle aches.
- Never give aspirin to children.
- If you have flu symptoms and a chronic medical condition, see your doctor early.
- Do not give over-the-counter cough and cold medicines to children under 6 years of age.

Warning Signs

See your doctor if you have any of these symptoms:

- rapid, painful or difficult breathing
- inability to keep fluids down
- dehydration (dry mouth or extreme thirst)
- dizziness or fainting
- or other worrisome symptoms

Your Name and Phone:
Doctor's Name and Phone:
Pharmacy Name and Phone:
Emergency Contacts (name and phone):
1.
2.
3.
Medications/Medical Conditions:

It's Flu Season!

Baltimore City Health Department
(410) 396-4398
www.baltimorehealth.org



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