

PANDEMIC FLU

Flu Facts

Adapted from the Centers for Disease Control and Prevention

- ◆ Flu is spread when a person who has the flu coughs or sneezes.
- ◆ Flu symptoms include fever, headache, chills, body aches, tiredness, dry cough, sore throat, and stuffy nose.
- ◆ If you get the flu: rest and drink plenty of liquids. Don't drink alcohol or smoke.
- ◆ Antibiotics like penicillin will not cure the flu. During a flu pandemic, vaccine may not be available.
- ◆ Over-the-counter medicines may relieve flu symptoms. Try acetaminophen (Tylenol®) for children; aspirin or acetaminophen for adults. Decongestants, cough medicines, and use of a humidifier may also help.

Pandemic Flu Update

Seasonal flu is not the same as pandemic flu. In order to prepare for a possible pandemic, a community-wide group is establishing plans to communicate with the public and help ensure continuity in services provided by the government, schools, health care facilities, and other organizations. It is a big challenge! Take time now to learn about pandemic flu and what you can do.

LET'S ALL GET READY!

Call your local health department or visit
www.vdh.virginia.gov/LHD/tj/pandemic_flu.asp
for more information.