

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.

Update

In order to prepare for a possible pandemic, a community-wide group has 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 swine flu and what you can do.

LET'S ALL GET READY!

Call your local health department or visit
www.cdc.gov/swineflu
 for more information.

Stop the Spread of Germs

Adapted from the Centers for Disease Control and Prevention

Colds and the flu are caused by viruses that infect the nose, throat, and lungs. The viruses usually spread from person-to-person when an infected person coughs or sneezes.

To help prevent the spread of cold germs, seasonal flu, and pandemic flu:

Cough or sneeze into a tissue.

Throw the tissue away and wash your hands.

Wash your hands often with soap and water.

Wash for 15 to 20 seconds.

Use alcohol-based hand wipes or gel sanitizers if there is no water.

Rub hands until dry.

Avoid touching your eyes, nose, and mouth.

Germs can live on surfaces like doorknobs and are spread through contact.

Stay home when you are sick or have flu symptoms.

Get plenty of rest. Check with your doctor as needed.

**Thomas
 Jefferson**
 HEALTH DISTRICT

VDH VIRGINIA
 DEPARTMENT
 OF HEALTH
protecting the and your environment

Serving: Albemarle Charlottesville
 Fluvanna Greene Louisa Nelson

LET'S ALL GET READY!

<http://www.cdc.gov/swineflu/>

CONTACT YOUR LOCAL HEALTH DEPARTMENT TO
 LEARN MORE ABOUT WHAT OUR COMMUNITY IS DOING