



THE FLU

and you

Keep your family healthy this flu season

▶ Practice good hygiene.

- > Flu viruses are spread through person-to-person contact.
- > Cover your mouth and nose with a tissue or your sleeve when you cough.
- > Wash your hands frequently.
- > Avoid touching your eyes, nose and mouth.

▶ Know what to look for if you're feeling sick.

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue, vomiting or diarrhea.

▶ Stay home if you are sick.

If you are sick with a flu-like illness, stay home for at least 24 hours after your fever is gone.

Get vaccinated – twice.

There are two separate vaccines available – seasonal flu and H1N1 (swine flu).

▶ Adults and young adults need both H1N1 and seasonal flu vaccines.

Ask your doctor if you're at high risk of health complications from H1N1 or seasonal flu.

▶ Children also need BOTH vaccines.

The H1N1 flu vaccine and the seasonal flu vaccine are recommended for children ages 6 months to 18 years.

Visit amaH1N1info.org for more information about the flu.

Think you have the flu? Visit AMAfluhelp.org to monitor your symptoms for free.

Ask your doctor
about getting vaccinated.

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