immunize against the flu

EVERY YEAR. EVERY BODY.

GET THE FACTS ON FLU!

The flu is more than just a bad cold. It is a highly contagious respiratory infection caused by influenza viruses and can lead to hospitalization and even death.

- You need your flu vaccine EVERY year to stay protected against the most current and common flu strains.
- Flu and pneumonia are among the top ten causes of death in the U.S.
- Millions of people SAFELY receive flu vaccines each year.
- The flu is a virus and CANNOT be treated with antibiotics.
- Flu activity most commonly peaks in the U.S. in January or February, but can begin as early as October and continue through late May.
- Flu virus can spread by direct contact, such as sharing drinks, or through indirect contact, such as when an infected person sneezes on her hands and touches an object like a door knob.
- People infected with flu may be able to infect others beginning the first day symptoms develop and up to 5-7 days **after** becoming sick.
- Flu vaccines are offered at doctors' offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools. Visit the HealthMap Vaccine Finder at flushot.healthmap.org to find a location near you.

Learn more at http://www.dhhs.nh.gov/dphs/cdcs/influenza/index.htm

immunize against the flu

EVERY YEAR. EVERY BODY.

PREVENTION IS THE BEST PROTECTION.

The single best way to prevent seasonal flu is to get vaccinated each year. As long as flu season isn't over, it's not too late to get vaccinated.

Wash your hands often with soap and water for 20 seconds to reduce the risk of transmitting germs to others. If soap and water are not available, use an alcohol-based hand sanitizer.

Avoid touching your eyes, nose, or mouth to keep germs away.

If you or your child gets sick with flu-like illness, stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.

Try to avoid close contact with sick people.

While sick, limit contact with others as much as possible to keep from infecting them.

Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Don't share personal items or utensils.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow - not your hands.

New Hampshire Immunization Program
Vaccinate for Life!
NH DEPARTMENT OF HEALTH & HUMAN SERVICES

Learn more at http://www.dhhs.nh.gov/dphs/cdcs/influenza/index.htm

immunize against the flu

EVERY YEAR. EVERY BODY.

GET YOUR FLU VACCINE EVERY YEAR.

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

- Get vaccinated each year as soon as the flu vaccine becomes available in your community.
- Flu vaccines protect against viruses that research suggests will be most common each year.
- Everyone 6 months of age and older should get a flu vaccine as soon as the current season's vaccines are available.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated so people who care for them should be vaccinated instead.
- People at high risk of developing serious flu complications should be vaccinated (e.g. children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older).
- Residents of nursing homes and other chronic-care facilities should get an annual flu vaccine.

New Hampshire Immunization Program
Vaccinate for Life!
NH DEPARTMENT OF HEALTH & HUMAN SERVICES

Learn more at http://www.dhhs.nh.gov/dphs/cdcs/influenza/index.htm