



# Let's Talk About The Flu



# Let's Talk About The Flu

**The flu is a sickness caused by a virus.** It is also called "influenza." It can affect your nose, throat, head, and chest. You will feel very sick for 7 days. It can cause other problems. You may end up in the hospital. Some people die from the flu.

You may have:

**Sore throat**



**Fever**



**Sleepy**



**Cough**



**Chills**



**Runny nose**



**Headache**



**Body aches**



**Sneezing**



**Kids may also have:**

Vomiting

Diarrhea

Stomach ache



# Staying Healthy

## How can my family stay healthy?

1

Wash your hands with soap and warm water. Wash for 30 seconds.



2

Cough or sneeze into your elbow. Do not cough or sneeze into your hand.



3

Get a flu vaccine. It is also called a flu shot. A flu vaccine helps protect you and your family from getting sick with the flu.



## What should I do if I get sick?

1

Stay home until you have no fever for one day. Your temperature should be 98.6° F (37° C) or less. After you have no fever for one day, you can return to work or school.



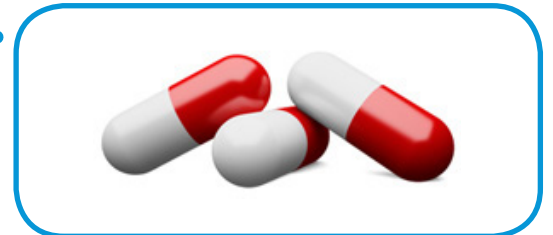
2

Rest as much as you can.



3

Take acetaminophen for fever. Acetaminophen is also called Tylenol. Talk to your pharmacist first before taking any medicine.



4

Drink lots of water.



5

Wash your hands with soap and warm water after you sneeze, cough, or blow your nose.



# Flu Vaccines

## Let's talk about flu vaccines.

- A flu vaccine will help protect you and your family from getting sick with the flu. Flu vaccines are very safe and they work well.
- Who should get a flu vaccine? The flu vaccine is for everyone older than six months of age.
- Who should not get a flu vaccine? You should not get a flu vaccine if you have a severe allergy to it.



## How do flu vaccines work?

- There are many different types of flu. Just as there are many different flowers. A flu vaccine teaches your body how to fight some types of flu. After your vaccine, your body will know how to fight those types of flu.
- Get a flu vaccine every year. Why? The flu changes every year. It is best to get the flu vaccine by the end of October to be ready in time for flu season.



## Flu vaccines only prevent the flu!

- A flu vaccine only prevents some types of flu. The flu causes fever, chills, cough and body aches. It makes you very sick for 7 days.
- A flu vaccine will not protect you from other sickness. You can still get a cold, sore throat or vomiting.



**Flu**



**Cold**

## True or False?

1. A flu vaccine will protect you from a cold.
2. A flu vaccine will protect you from some types of the flu.
3. Vomiting is always caused by the flu.
4. The flu causes fever, chills, cough and body aches. You will feel very sick for 7 days.
5. Newborn babies should get a flu vaccine.

**T F**

**T F**

**T F**

**T F**

**T F**

# Flu Stories

## **LaToya Johnson, RN** **VA Hospital, Little Rock, Arkansas**

“I take the flu shot in effort to prevent exposure of the flu to the patients I care for, their families and my coworkers. It is very important to maintain a healthy environment for all individuals.”



## **Sabrina Lewis** **Sherwood, Arkansas**

“I work with families with young children. I encourage their parents to get them vaccinated, as well as everyone else in the home to help protect their baby brothers and sisters that may be too young to get vaccinated.”





## **Pastor Jameel Wesley** **8th Street Missionary Baptist Church,** **North Little Rock, Arkansas**

“It goes without question, my family and I receive the flu vaccine every year. And we have been blessed to be protected from any illness related to the flu virus. I’m a firm believer the flu vaccine is effective in preventing illnesses due to the flu virus. Therefore, I highly recommend annual vaccination to my immediate family, church family, friends and community.”



## **Tommy Fuquay** **Little Rock, Arkansas**

“I work in sales and do a lot of traveling. I cannot afford to get sick with the flu, so I get a flu shot every year. I never miss it, and it has sure worked for me.”



# Let's Talk

## Questions? Fears? It's okay!

**It is normal to have questions or fears about flu vaccines. Talk to your doctor, nurse, or pharmacist. Ask questions.**

- What does your doctor say about flu vaccines?
- What do your family and friends say about flu vaccines?
- Who do you trust with your health? Why?
- Only YOU can decide what to do for your family.



# Notes

## My doctor

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

My next appointment: \_\_\_\_\_

## Getting a flu vaccine

(Doctor's office, drug store, health department)

Where to go: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Date of flu vaccine: \_\_\_\_\_

# Questions about the flu?

Talk to your doctor, nurse or pharmacist.

For more information:

Arkansas Immunization Action Coalition  
417 S. Victory Street  
Little Rock, AR 72201-2923

Email: [info@immunizear.org](mailto:info@immunizear.org)  
Phone: 501-372-5250  
[www.immunizear.org](http://www.immunizear.org)

Rev 12.2018

