



Let's Talk About the Flu

Created By:
Arkansas Immunization Action Coalition



Let's Talk About the Flu

The flu is a sickness caused by a virus.

It is also called "influenza". It can affect your throat, head, and chest. It can also cause other problems. Some people end up in the hospital or die from the flu. Flu symptoms usually last around 7 days.

Flu Symptoms:

- Fever
- Chills
- Body aches
- Cough
- Fatigue or sleepiness
- Headache
- Sore throat
- Runny nose
- Sneezing

Kids (and some adults) 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, or use a tissue. Do not cough or sneeze into your hand.



3

Get a flu vaccine every year. A flu shot helps protect you and your family from getting sick with the flu.



What should I do if I get sick?



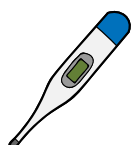
Get tested for the flu.

Most doctor's offices and some pharmacies offer flu testing. If you have the flu, your doctor or pharmacist may prescribe medicine to treat the flu.



Take over-the counter medicine for your symptoms.

Ask your pharmacist before taking any medicine.



Stay home until you have no fever for one day.

A normal temperature is 98.6° F. A fever is 100.4° F or higher. After you have no fever for one day, you may be able to return to work or school.



Rest as much as you can.



Drink plenty of water.



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 work well.

Who should get a flu vaccine?

- The flu vaccine is recommended for everyone ages 6 months and older.

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. **A flu vaccine teaches your body how to fight some types of flu.** This is called "immunity". 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 usually best to get the flu vaccine by the end of October to be ready in time for peak 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. You may feel sick for about a week.

A flu vaccine will not protect you from other sickness. It will only protect you from the flu.

True or False?

Instructions:

Circle "T" if you think the statement is *True*.

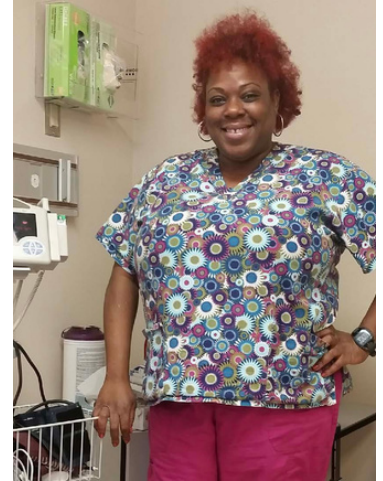
Circle "F" if you think the statement is *False*.

- | | |
|--|---------------|
| 1. A flu vaccine will protect you from a cold. | T or F |
| 2. A flu vaccine will protect you from some types of the flu. | T or F |
| 3. You should wash your hands with soap and water (or use hand sanitizer) to get rid of germs. | T or F |
| 4. The flu can cause fever, chills, cough, and body aches. | T or F |
| 5. Newborn babies can get a flu vaccine. | T or F |

Flu Stories

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

"I take the flu shot in effort to prevent exposure to 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 and young children. I encourage their parents to get them vaccinated, as well as everyone else in the home to 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?
- Who do you trust with your health? Why?
- Only YOU can decide what to do for you and your family.



Notes

My doctor:

Name: _____

Address: _____

Phone Number: _____

Next Appointment: _____

Getting a flu vaccine

(Doctor's office, pharmacy, health department, etc.)

Where to go: _____

Address: _____

Phone Number: _____

Date of flu vaccine: _____

Questions about flu vaccines?

Talk to your doctor, nurse, or pharmacist.

For more information:

Allie Staton, PharmD

Immunize Arkansas

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