



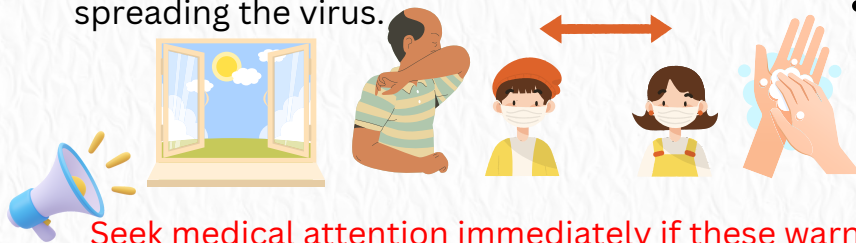
INFLUENZA FACTSHEET

(Flu)



STAY HOME AND AWAY FROM OTHERS UNTIL...

- Your symptoms are improving AND you are fever free for 24 hrs without the use of fever reducing medications.
- Once both of these criteria are met, you can return to normal activities with added precautions for the next 5 days to prevent spreading the virus.



Seek medical attention immediately if these warning signs of severe flu are present: difficulty breathing, chest pressure, not urinating, dizziness or confusion, severe weakness or muscle pain, fever and cough that improve then return or worsen, worsening chronic medical conditions.

HIGH RISK POPULATIONS

Some groups are particularly vulnerable to severe illness from the Flu, including:

- Older adults (65+)
- Individuals with chronic illness such as, but not limited to: asthma, heart disease, stroke, diabetes, chronic kidney disease, cancer, and/or HIV/AIDS
- Individuals with weakened immune systems
- Pregnant women
- Children younger than 2 years old

Severe complications include pneumonia, inflammation of the heart, brain, or muscle tissue, sepsis, multi-organ failure and/or death.

ANTIVIRAL TREATMENT

Antiviral drugs can reduce symptoms, prevent severe complications, and shorten the duration of the flu.

- Recommended for high risk populations
- Works best when started within 2 days of symptom onset
- If you are at high risk and have the flu or symptoms of the flu, contact your primary care provider early to see if treatment is right for you!

VACCINE RECOMMENDATIONS

Vaccination is recommended annually, ideally during September-October

6 months-8 years old:

- 1-2 doses (depending on vaccination history- confirm with your primary health provider)

9-64 years old:

- 1 dose annually

65+ years old:

- 1 dose of high-dose
 - If unavailable, can receive any other age appropriate Flu vaccine

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