

TAKE ACTION EARLY TO PREVENT THE FLU



Influenza, commonly known as the flu, is a very common respiratory illness that is transmitted by droplets when people with flu cough, sneeze, laugh, or talk. People can spread the flu to others up to 6 feet away. Common symptoms include fever, cough, sore throat, and bodyaches. Most people will recover within a few days to a week, but some people may develop complications (pneumonia, inflammation of the heart, organ failure), some of which can result in death.

PREVENTIVE MEASURES:

- Getting the flu vaccine is the best way to protect yourself against the influenza virus.
- Always cover your nose and mouth when sneezing or coughing.
- Wash your hands frequently with soap and warm water. If soap and water are not available, use alcohol-based hand rub.
- Avoid touching your eyes, nose, or mouth.
- If you experience flu-like symptoms, stay home for at least 24 hours after your fever is gone, without the use of fever-reducing medications, except to get medical care.

WHO CAN GET A FLU VACCINE?

Anyone 6 months and older can receive a flu vaccine, especially people at high risk of complications.

HIGH RISK GROUPS

Individuals who are at an elevated risk for severe complications from the flu:

- 65 and older
- Children under 5 years old
- Pregnant women
- Certain medical conditions, including asthma, heart disease, diabetes, chronic kidney disease, and other immunosuppressive conditions.



For more information or to schedule a flu vaccine, call the East Hartford Health Department at 860-291-7324