



It's not "just" the flu!

FLU FACT

People with chronic conditions such as heart disease, asthma, or diabetes are at a greater risk for developing serious flu complications.

#FIGHT FLU

- ✚ Everyone is at risk from flu, but **young children, pregnant people, older adults, and people with chronic medical conditions are especially vulnerable.**
- ✚ This flu season could be severe.
- ✚ Annual flu vaccination is recommended for everyone six months and older, with rare exception.
- ✚ Flu vaccines have been updated this season to help protect against four circulating strains of flu.
- ✚ **A flu vaccine cannot make you sick!**
- ✚ Flu vaccines can be given at the same time as other vaccines, including COVID-19 vaccines and boosters. **COVID vaccines DO NOT protect you against flu!**
- ✚ **Flu vaccination can be convenient and free!** They are available at doctors' offices, pharmacies, clinics, and the health department.

3 SIMPLE WAYS TO FIGHT FLU

1. Get vaccinated
2. Stop the spread by practicing healthy habits and get tested if you're sick
3. Take antiviral medications as prescribed by your doctor

And he sent them to proclaim the kingdom of God and to heal the sick. Luke 9:2

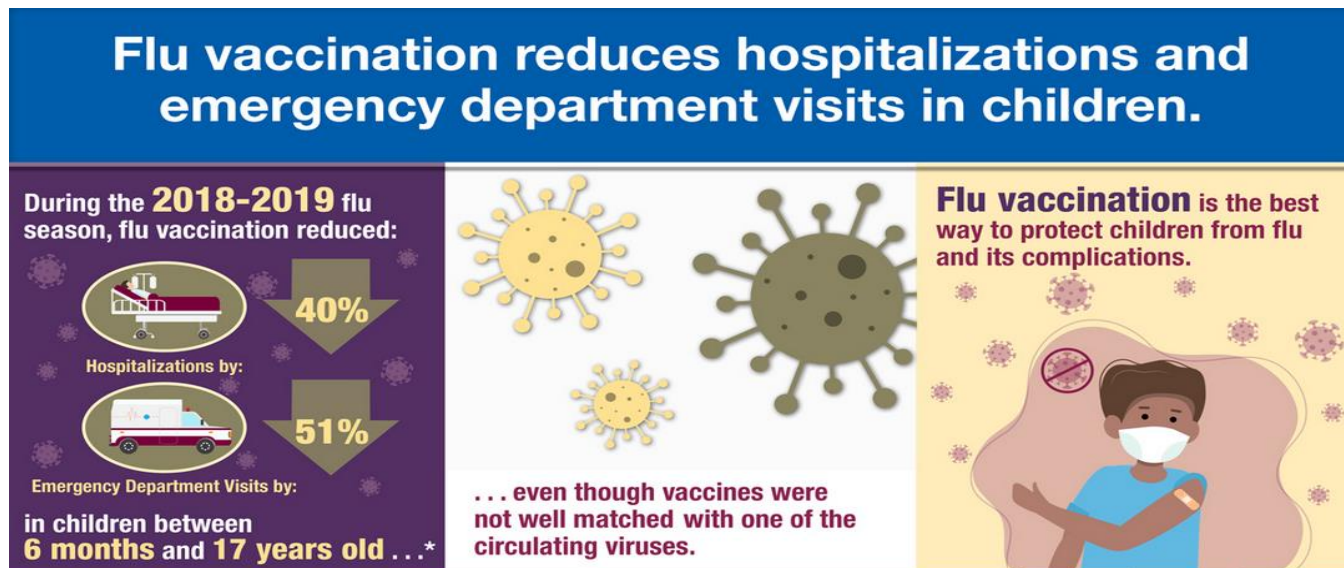


 **December message from the Holy Family Health Ministry**

Common flu symptoms usually come on suddenly and can include:

- ✚ Fever or feeling feverish/chills (note that not everyone with flu will have a fever)
- ✚ Cough
- ✚ Sore throat
- ✚ Runny or stuffy nose
- ✚ Muscle or body aches
- ✚ Headaches
- ✚ Fatigue (tiredness)
- ✚ Vomiting and diarrhea may be common in children

Get your child vaccinated against the flu!



Flu vaccination reduces hospitalizations and emergency department visits in children.

During the **2018-2019** flu season, flu vaccination reduced:

- Hospitalizations by: **40%**
- Emergency Department Visits by: **51%**

in children between 6 months and 17 years old ...*

Flu vaccination is the best way to protect children from flu and its complications.

... even though vaccines were not well matched with one of the circulating viruses.

Protect yourself and your loved ones from dangerous infectious diseases

- ✚ Stay home if you're sick to avoid infecting others.
- ✚ Cough or sneeze into your elbow or a tissue to avoid spreading germs onto your hands and nearby surfaces.
- ✚ Avoid touching your eyes, nose, and mouth. Germs spread this way.
- ✚ Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer if soap and water are not available.
- ✚ Clean and disinfect frequently touched objects and surfaces in your home, office, and school.
- ✚ Follow current guidance on use of masks.
- ✚ Keep these items on hand when venturing outside of your home: a face mask, tissues, and a hand sanitizer that contains at least 60% alcohol.

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