



Brought to you by the Holy Family Health Ministry

August is Immunization Awareness Month



STOP THE SPREAD

Take everyday preventive actions to help stop the spread of flu viruses!

#FIGHT FLU



IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common



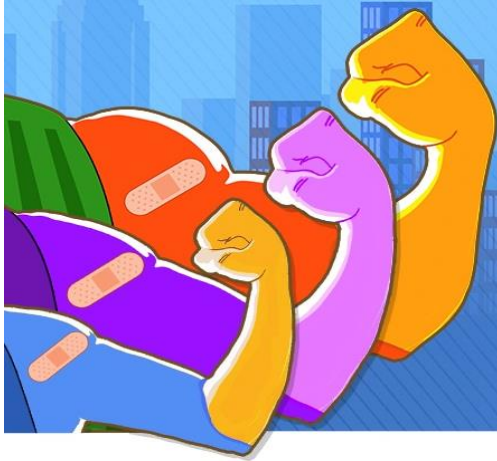


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FLU FACT

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



GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.



TAKE ANTIVIRAL DRUGS IF YOUR DOCTOR PRESCRIBES THEM!

Antiviral drugs can be used to treat flu illness. Antiviral drugs can make illness milder and shorten the time you are sick. They also can prevent serious flu complications.

CDC recommends that antiviral drugs be used early to treat people who are very sick with the flu and people who get flu symptoms who are at high risk of serious flu complications, either because of their age or because they have a high risk medical condition.

STAY HOME WHEN SICK



When you are sick, limit contact with others as much as possible. Remember to cover your nose and mouth with a tissue when you cough or sneeze, and throw tissues in the trash after you use them. Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.

*Your fever should be gone for 24 hours without the use of a fever-reducing medicine before resuming normal activities.

"Though my flesh and my heart fail, God is the rock of my heart, my portion forever". Psalm 73:26

