Flu symptoms tend to appear suddenly, whereas a common cold develops slowly. Be sure to watch out for the following symptoms as they may indicate the flu:

**WHAT ARE THE SYMPTOMS?**

- High fever
- Sore throat
- Nasal congestion
- Persistent cough
- Fatigue and weakness
- Chills and sweats
- Headache
- Aching muscles
- Persistent cough
- Aching muscles

**HOW DO YOU TREAT THE FLU?**

Prescription antiviral medication (works best if taken within 48 hours, but may still work after this timeframe)

Bed rest

Fluids

**HOW DO YOU PREVENT THE FLU?**

- Hand Hygiene: Wash your hands with soap and water often to avoid catching germs that can lead to illness.
- Vaccinations: Get your vaccination to protect yourself from the various strains of the flu.

**WHO SHOULD GET A VACCINE?**

Everyone over the age of 6 months

Pregnant women especially

**WHERE CAN I GET A VACCINE?**

Palomar Health offers flu vaccinations at our local expresscare clinics, as well as various community flu shot clinics. Visit PalomarHealth.org/Flu for more information.

**When is Flu Season?**

Flu season typically lasts between October and May, but it can start as early as August. San Diego already has confirmed cases of influenza.

**How Do You Get The Flu?**

The flu is contagious and can easily spread from one person to another. You can catch the flu if:

- Someone with the disease coughs or sneezes near you
- You touch an object after someone with the disease uses it and transfer the germs to your eyes, nose or mouth

The virus can live up to 48 hours on non-porous surfaces, such as a doorknob, depending on human and environmental factors.

**Who Is at Higher Risk?**

- Adults 65 years and older
- Young children
- Pregnant women
- Anyone with chronic medical conditions

Even though the flu can be treated, a flu vaccination is highly recommended to stay healthy.

**Flu Vaccination Clinic**

Palomar Health offers flu vaccinations at our local expresscare clinics, as well as various community flu shot clinics. Visit PalomarHealth.org/Flu for more information.