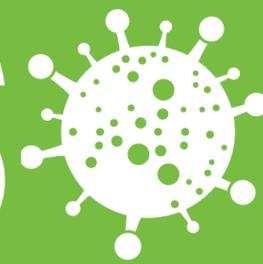


IT'S FLU SEASON



PALOMAR HEALTH

WHAT IS THE FLU? Influenza, commonly known as the flu, is a highly contagious respiratory illness caused by a virus that infects the lungs. Everyone, regardless of their health, is susceptible to the disease. People at higher risk of developing serious complications from the flu include adults 65 years and older, young children, pregnant women and anyone with chronic medical conditions. Even though the flu can be treated, a flu vaccination is highly recommended to stay healthy.

Source: <http://www.cdc.gov/flu/keyfacts.htm>

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.

WHAT ARE THE SYMPTOMS?

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:

- HIGH FEVER**
- SORE THROAT**
- NASAL CONGESTION**
- PERSISTENT COUGH**
- FATIGUE AND WEAKNESS**
- CHILLS AND SWEATS**
- HEADACHE**
- ACHING MUSCLES**

Source: <http://www.mayoclinic.org/diseases-conditions/flu/basics/symptoms/con-20035101>

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

HOW DO YOU TREAT THE FLU?

There are ways to treat the flu if the disease is caught in time.

- 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

It is best to avoid getting the flu at all. The best preventative measures include:

- 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.