

3 Steps to Protect Your Family from Flu



1: Vaccinate



Flu vaccination is the best preventative measure you can take. The CDC recommends everyone 6 months and older should get a flu vaccine every season. Although the flu vaccine won't prevent every case of the flu, getting an annual vaccination is the best way to reduce your risk of serious illness.

2: Test



Get tested if you have symptoms. Even if you did get the flu vaccine, don't ignore symptoms and ask to get tested for flu. Flu symptoms can look like many other illnesses and testing is the only way to know for sure. Knowing which virus is making you sick allows your healthcare provider to give you the best treatment.

SYMPTOMS	FLU	COVID-19	STREP THROAT	RSV
Fever	•	•	•	•
Congestion or stuffy nose	•	•		
Runny nose	•	•		•
Sore throat	•	•	•	
Muscle pains	•	•		
Headache	•	•		
Coughing	•	•		•
Feeling tired	•	•		

3: Treat



Get treatment if you do test positive. Take antiviral medications if prescribed. Antiviral medications work best when started soon after flu symptoms begin to help prevent the risk of flu complications - including hospitalization and death.

Take the Flu Seriously

BRENT TEICHMAN'S STORY

Brent was a vibrant and healthy 29-year-old chef with a bright future ahead of him when he became sick in late October 2019. After 5 days of being sick, Brent's father, a pediatrician, and his mother, a nurse, urged him to seek medical care immediately. They were out of town at the time. Just four hours after Brent returned home from urgent care, he died as a result of flu-related complications. Despite reminders from his parents, Brent had not yet received an annual flu vaccine that season, and he had not started anti-virals within 48 hours of illness. His parents now wonder if one, or both precautions would have saved his life.



To learn more about influenza and how flu has impacted many families like Brent's, scan the QR code or visit: www.familiesfightingflu.org/family-stories

Vaccinate. Test. Treat.

WHEN TO BE ON THE LOOKOUT FOR RESPIRATORY INFECTIONS:

	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP
FLU	•	•	•	•	•	•	•	•				
COVID-19	<i>Timing of Covid-19 surges vary.</i>											
STREP THROAT			•	•	•	•	•					
RSV	•	•	•	•	•	•	•	•	•			

To learn more, visit www.familiesfightingflu.org

