

# Influenza (FLU)



Transmitted by person to person contact

- Coughs
- Sneezes
- Respiratory droplets

## How to Protect Yourself and Others

- **Get a Flu Shot**
- **Vigorous Handwashing...15-20 seconds**
- **Using Hand Sanitizer Gel...rub hands until dry**
- **Cover your Mouth** when you cough or sneeze/cough into your sleeve if no tissue is available
- **Wash your Hands** after coughing or sneezing
- **After using a tissue, throw the tissue away**
- **Keep table, desk, counter surfaces clean with Sanitizer Wipes**
- **Use alcohol based wipes on grocery cart handles**
- **Do not send sick children to school**
- **If sick be considerate of others by avoiding public places (church, businesses, schools, stores) - stay home until at least 24 hours after symptoms (fever) have ended**



## Symptoms

Must be running a fever above 100° F (37.8°C) plus one or more of the following symptoms:

- ✓ Head and body aches
- ✓ Cough
- ✓ Sore throat
- ✓ Chills
- ✓ Trouble breathing
- ✓ Vomiting and/or Diarrhea



## Treatment

- **Seek medical attention within 48 hours**
- **Antiviral Rx Tamiflu or Relenza**
- **Use Tylenol, not Aspirin, to reduce fever for 18 year olds and younger**



I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 1:2  
This health promotion flyer is provided by St. Mary Parish Nurse Ministry