

THE FLU



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

Vaccination is your best protection. Get vaccinated today!

Flu vaccines can both prevent the disease, and make it milder if you do get the flu. That means fewer hospitalizations and fewer sick days.

Vaccinations are offered through physician offices, and many pharmacies and grocery stores. For information on the flu or where to get vaccinated, visit www.flu.delaware.gov or call 800-282-8672.

Delawareans are also encouraged to prevent infection by:

- **Washing hands with soap** frequently or using alcohol-based hand sanitizers, especially after coughing, sneezing or touching your face.
- **Covering coughs and sneezes** with a tissue and disposing of the tissue immediately. If a tissue is not available, cough or sneeze into your sleeve. Droplets from a sneeze can travel up to six feet.
- **Staying home when sick** and not returning to school or work until 24 hours after a fever.

Five steps to take if you get the flu:

- **Stay at home and rest.**
- **Avoid close contact** with well people in your house so you won't make them sick.
- **Drink plenty of water** and other clear liquids to prevent fluid loss (dehydration).
- **Treat fever and cough** with medicines you can buy at the store.
- If you get very sick or are pregnant or have a medical condition (like asthma) that puts you at higher risk of flu complications, **call your doctor**. You may need antiviral medication.

When should you seek medical attention?

| IN CHILDREN | IN ADULTS |
|-----------------------------------------------------------------|----------------------------------------------------------------------|
| Fast breathing or trouble breathing | Difficulty breathing or shortness of breath |
| Bluish skin color | Pain or pressure in the chest or abdomen |
| Not drinking enough fluids | Sudden dizziness |
| Not waking up or not interacting | Confusion |
| Being so irritable that the child doesn't want to be held | Severe or persistent vomiting |
| Flu-like symptoms improve but return with fever and worse cough | Flu-like symptoms that improve but return with fever and worse cough |
| Fever with a rash | |

In addition to the signs above, get medical help right away for any infant who has any of these symptoms:

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|---------------------------------------------|
| Inability to eat |
| Trouble breathing |
| No tears when crying |
| Significantly fewer wet diapers than normal |



The flu vaccine saves lives.
GET IT.