

How can you fight the flu?

The first line of defense in preventing the flu is good hygiene. Simple steps you can take to reduce the spread of infection include:



Avoid contact with people that might be sick



Cover coughs and sneezes



Wash your hands frequently



Avoid touching your face, eyes, nose and mouth



Stay home if you're sick



For news and updates regarding the seasonal and H1N1 flu in Houston, visit www.FightTheFluHouston.com.

You can also follow HDHHS on Twitter and Facebook.



Flu Facts for Seasonal and H1N1 Influenza



Do I have the flu?

You may have the flu if you have some or all of the following symptoms:

- Fever (*not everyone with the flu will have a fever*)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue

What do I do if I have the flu?

- Stay home and away from other people as much as possible.
- Unless you are in a high-risk category (young child; pregnant; have certain underlying health conditions like asthma, diabetes or a weakened immune system; or are 65 years and

Get Vaccinated

Vaccinations are the best-possible defense to protecting yourself and others from both seasonal and H1N1 flu. Flu vaccines are available at many pharmacies and physician offices throughout Houston. To locate Houston Department of Health and Human Services clinics that are offering vaccines at no cost, visit www.FightTheFluHouston.com.

older), take acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) and drink plenty of fluids.

- Stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.
- Most people get better without treatment and don't need to seek medical help. However, if you are in a high-risk category, consult with your health care provider if you get flu symptoms.

How do I care for someone who has the flu?

In order to best care for a sick person in the home and protect family members, caregivers should follow these guidelines:

- Keep sick people away from others as much as possible and at home for at least 24 hours after their fever is gone without the aid of fever-reducing medication
- Provide clear liquids to ensure hydration
- Wash hands often with soap or use hand sanitizer
- Watch for severe symptoms that require immediate medical attention



How does the flu spread?

Both seasonal and H1N1 flu viruses are spread from person to person when highly contagious droplets are released into the air by a cough or sneeze. Flu viruses are also spread when a person comes in contact with droplets that have landed on an object and that person then touches their own mouth, nose, face, or eyes before washing their hands.

- Since it can take 24 hours to three days for flu symptoms to develop after a person is infected, caregivers are advised to regularly monitor themselves, and other household members, for symptoms.
- Caregivers should also avoid close contact with others until possible infection period has passed
- Check with a healthcare provider if flu symptoms develop to determine proper care and treatment