

Influenza Prevention & Management

Step #1

TAKE TIME TO GET VACCINATED

- **It is recommended** to get a yearly flu vaccine to protect yourself
 - Visit participating pharmacies, the doctor's office or a local public health unit
- **Vaccines can reduce** your risk of serious flu symptoms
 - This can mean less doctors' visits, and missed work / school due to sickness
- **Everyone 6 months of age or older** should get a flu vaccine
 - High-risk people are especially recommended - these include...
 - Young Children
 - Elderly
 - Pregnant Women
 - Chronic Health Conditions (ie: Asthma, Diabetes, Heart & Lung Disease)
- **Health care workers** and those who care for high-risk people should be vaccinated
- **Children under 6 months** are too young to be vaccinated

Step #2

TAKE EVERYDAY PREVENTATIVE ACTIONS

- **Avoid close contact** with people when you're sick
- **If you get sick**, stay home for at least 24 hours
 - If needed, seek medical care or other necessities to help you get better
- **Cover your mouth and nose** when you cough or sneeze
 - Wear a mask if you go out in public, or cough and sneeze into your sleeve
- **Wash your hands** often with soap and water
- **Avoid touching** your face when you're sick to prevent the spread of germs
 - Disinfect commonly touched surfaces in your home

Step #3

TAKE ANTIVIRAL MEDICATION IF PRESCRIBED

- **Antiviral drugs** prescribed by your doctor can be used to treat your illness
 - Different than antibiotics, these drugs are not available over-the-counter
- **Taking antiviral medication** can make your illness milder
 - This will shorten the time you are sick and may prevent serious complications