

DAC Facts

Dayton Area Chapter

Helping people prevent, prepare for and respond to emergencies.



**American
Red Cross**

Don't let the flu get the best of you!



According to the Center for Disease Control, if you want to avoid getting the flu, get vaccinated every year. There are two types of vaccines; the “flu shot” and the nasal-spray flu vaccine. Your healthcare provider can help you decide which is best for you. There are, however, some people that should seriously consider getting vaccinated each year:

- Children age 6 months to 19 years
- Pregnant women
- People age 50 years and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from the flu

Symptoms of the flu include; fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, stomach problems such as nausea, vomiting, and diarrhea (which is more common in children).

You can also try to prevent the flu by avoiding close contact with someone who already has the flu. Sometimes, that is easier said than done! So if you find yourself coming down with flu symptoms, you can prevent spreading it to someone else by staying home if you can, getting plenty of sleep, drinking plenty of fluids and visiting your healthcare provider. Take care of yourself. If you would like more information about the flu, visit www.redcross.org.