



# Ector County Health Department 2010 - 2011 Flu Recommendations



## What do you need to know about this year's flu?

- The flu season starts in the fall. But you can get the flu earlier or later in the year.
- This year, medical experts are preparing for both seasonal flu and for the H1N1 flu.

## What are the symptoms of the flu?

- Symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Not everyone may get a fever.
- Some people also have upset stomach and diarrhea.

## What can you do if you get sick?

- **STAY HOME!** Do not go to work or school so you don't pass the flu to others.
- If you have flu symptoms, call your health care provider or clinic. Ask if you should come in for a visit.
- Most people can get over the flu at home.
- Get plenty of rest, drink fluids and take over-the-counter medicine for pain and fever. **(Never give aspirin to children or teens.)**

## Get Immediate Medical Care if you have any serious warning signs.

### Warning signs include:

- Shortness of breath or trouble breathing
- Vomiting a lot
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Flu-like symptoms that get better but return with fever and worse cough

### In children, other serious warnings signs include:

- Fast breathing
- Skin turning bluish or gray
- Not drinking enough, or a baby with dry diapers
- Being very hard to wake up or not interacting
- Not wanting to be held



### 1 CLEAN

Wash your hands often.

Scrub your hands for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.



### 2 COVER

Cover your cough.

Use a tissue to cover your mouth and nose when you cough or sneeze.

Don't have a tissue? Your sleeve will do.



### 3 CONTAIN

Contain germs by steering clear of others who are sick.

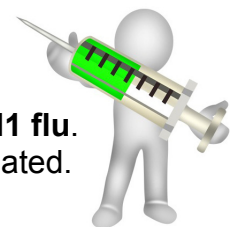
If you do get sick, stay at home until you're well again, so you don't spread more germs.

## What can you do to avoid the flu?

- Wash your hands often! Scrub for at least 20 seconds.
- Use an alcohol-based hand sanitizer.
- Cover your cough or sneeze with a tissue or into your elbow.
- Avoid touching your eyes, nose, and mouth.
- When possible, avoid being around people who are sick.
- Get enough sleep, eat healthy foods and be physically active.

## Get your flu vaccine!

- This year, a **single flu vaccine protects against both seasonal and H1N1 flu.**
- Health Officials recommend that everyone over 6 months of age get vaccinated.
- **Contact your health care provider for vaccine availability or call 211.**



## For Further Flu Information:

- Texas Department of State Health Services: [www.TexasFlu.org](http://www.TexasFlu.org) or CDC: [www.cdc.gov/flu/](http://www.cdc.gov/flu/)
- Or call **1800-CDC-INFO** or **211**