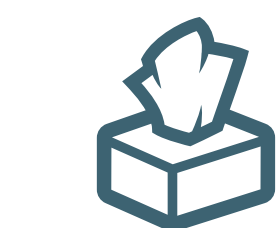


The FLU FIGHTERS

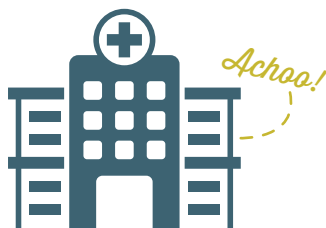
Flu season usually starts in October, peaks in December and February, and tapers off in the spring. Get a flu shot to help prevent this illness from interfering with your holiday fun.

FAST FACTS ABOUT THE 2019-2020 FLU SEASON



38 million

people in the U.S. estimated to have had flu



400,000

estimated hospitalizations



22,000

flu-related deaths

FLU FLOW CHART

MOST HEALTH INSURANCES COVER FLU SHOTS WITH NO COST TO YOU! CHECK WITH YOUR INSURANCE PROVIDER TO LEARN MORE.

DAY OF EXPOSURE

Someone sneezes or coughs near you or on a surface you touch, and **flu virus droplets** enter through your eyes, nose or mouth.

You'll be contagious beginning the day before symptoms appear.

DAYS ONE TO FOUR

Symptoms begin. You might experience **fever**, chills, body aches, fatigue, vomiting and diarrhea, cough, sore throat, or headache.

DAY FIVE

Flu symptoms should ease.

DAY SEVEN

You're likely **contagious for about a full week** after symptoms start, so **stay home** to prevent passing the virus to others.

FIGHTING BACK

What can you do to

AVOID THE FLU?

1. Get the flu shot.
2. Avoid people with the flu.
3. Sanitize frequently touched hard surfaces.
4. Regularly wash your hands with soap and warm water.

DROPLETS OF FLU VIRUS CAN TRAVEL SIX FEET THROUGH THE AIR WHEN SOMEONE SNEEZES OR COUGHS.

WHO NEEDS A FLU SHOT?

THE FLU VIRUS CAN SURVIVE ON HARD SURFACES FOR UP TO EIGHT HOURS.

EVERYONE AGE 6 MONTHS AND OLDER SHOULD GET A FLU SHOT.

However, some people are at a higher risk for serious complications of the flu.



THOSE 65 AND OLDER



PEOPLE WHO ARE CAREGIVERS OF THOSE AT A HIGHER RISK



PREGNANT WOMEN



YOUNG CHILDREN



PEOPLE WITH CHRONIC HEALTH CONDITIONS (HEART DISEASE, DIABETES, ASTHMA, ETC.)

Be a flu fighter!



ARMED WITH A FLU SHOT AND SANITIZER, YOU CAN SIGNIFICANTLY REDUCE YOUR RISK OF GETTING THE INFECTION.