What happens when people get the flu virus?

Illness can start 1 to 4 days after exposure

* Make other health problems worse
* Cause pneumonia
* Lead to death (mostly those age 65 and older and younger than 6 months)

People may be able to spread the flu virus to others 1 day before they feel sick and up to 5 days after getting sick.

How can I protect myself from seasonal flu?

* Get vaccinated each year in fall or winter
* Avoid people who are sick
* Clean Hands often
* Keep hands away from face

How is seasonal flu treated?

* By getting rest
* By using fever reducers like Acetaminophen (e.g., Tylenol or Ibuprofen).
* Drinking plenty of liquids

You should always contact your provider for the proper advice and care.

You
Have the Facts
Get the Vax

If you need more information or have questions you can call the number listed below.
You can also get information on Schedules for Flu clinics.

United Indian Health Services, Inc.
1600 Weeot Way
Arcata, CA 95521
707-825-5070
The best way to prevent the flu is to GET A FLU VACCINE EACH YEAR

Do you know the facts?
- You cannot get the flu from the flu vaccine.
- Influenza strains change every year so last year’s vaccine will not protect you from this year’s strain.
- When you take a chance with getting the flu, it means taking the chance of being a carrier and unknowingly spreading the illness.
- The flu vaccine is for anyone that does not want to be sick or spread the illness - not just for the old and very young.

The Flu Is Preventable

You got the Facts now get the Vax.

Fact:
The flu virus can live on surfaces, such as countertops and door knobs, for 24 to 48 hours. Disinfect high-touch surfaces at least daily.

Can a Flu Shot Give Me the Flu?
NO some people get minor body aches or a headache, people do not get the flu from the flu shot.

Who Should Get a Flu Shot?
Everyone 6 months of age and older should get a flu vaccine, including pregnant women, the elderly and young children.

Symptoms:
This year is different because we have the flu and COVID-19 to watch for and the symptoms are similar:
Which is COVID-19 and Which is Flu?
These are symptoms of both flu and COVID-19:
** Fever
** Cough
** Muscle Pain
** Chills
** Sore Throat
** Nausea, vomiting, and diarrhea

Common with COVID –19:
** Loss of taste or smell
If you develop any of these symptoms, call your provider.
Don’t wait. Both viruses can cause serious illness in anyone. Minimize your contact with your family and people outside your home. It is important to keep yourself and your family safe.

Reminder: Wash your hands often.

Who should not get a flu shot?
Children under 6 months of age and anyone who has been recommended by a medical provider to not get the flu vaccine.