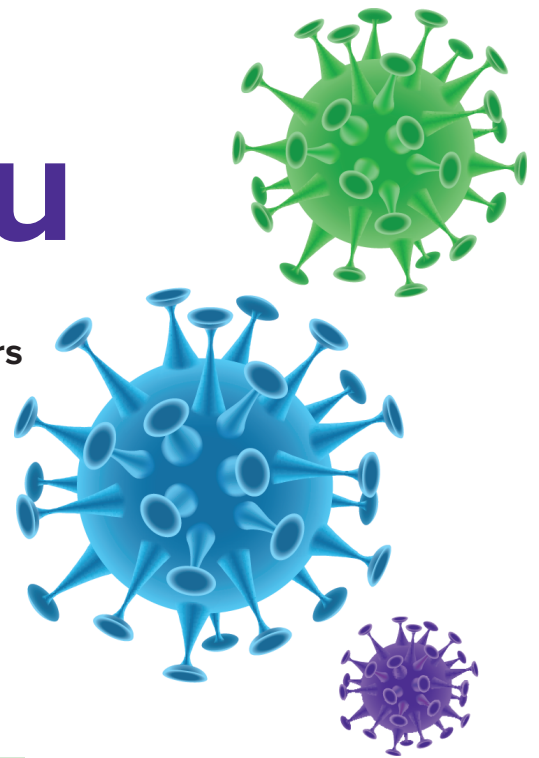


# Take 3 Steps to Fight the Flu

As you are aware, this flu season is especially severe, with widespread flu and record numbers of New Yorkers hospitalized. It's important that we all take steps to slow down and stop the spread of this virus.



## 1

### Get the vaccine!

If you haven't gotten your flu shot, get one now. It's not too late. The vaccine helps prevent the flu and reduces the severity of illness if you do get sick.

Everyone 6 months of age and older should get a flu shot.

The shot is especially important for those at high risk of serious flu complications, and even death – children; pregnant women; people with chronic health conditions, like asthma, diabetes or heart and lung disease; and people 65 and older.

#### They're counting on you!

When you get a flu shot, you also help protect others, especially people at high risk of serious flu illness, and children younger than 6 months who are too young to be vaccinated.

## 2

### Stop the flu from spreading!

- Wash hands often with soap and water for at least 20 seconds... the time it takes to sing "Happy Birthday" twice.
- If soap and water are not available, use an alcohol-based hand rub.
- Cough or sneeze into a tissue, not your hands. Toss used tissues.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- If you're sick, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

## 3

### Antivirals

If you get the flu, prescription antiviral drugs can shorten your illness and make it milder. They can also prevent serious flu complications, like pneumonia. Those at high risk should contact their health care provider at the first sign of the flu.

It's very important that antiviral drugs be used early to treat people who are very sick with the flu (like people in the hospital) – and those who have the flu and are at high risk for serious flu complications.

### Flu symptoms include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue

For more information:  
[health.ny.gov/flu](http://health.ny.gov/flu)