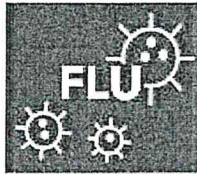




FOLLOW THESE 3 STEPS TO FIGHT THE FLU



The flu (influenza) is a contagious disease that can be severe. Almost every year, the flu causes disease in millions of persons, hundreds of thousands get hospitalized, and tens of thousands die because of the flu. The CDCs urge you to take the following measures to protect yourself and others from the flu.

YOU AND YOUR FAMILY SHOULD GET VACCINATED!

The first and most important step to protect yourself against flu viruses is getting a flu vaccine each year. All persons 6 months of age or older should get a flu vaccine, if possible before the end of October, or as soon as possible if after October.

Flu vaccines are offered in many places, such as physician offices, clinics, health departments, drugstores, and university health centers, as well as from many employers and even at some schools.

Protect yourself. Protect your family. Get vaccinated. #FightTheFlu

Learn More: <https://cdc.gov/flu/seasonal/vaccinations.htm>

AVOID

Avoid any close contact with sick people, avoid touching your eyes, nose, and mouth, cover your nose and mouth with a paper towel when coughing or sneezing, wash your hands frequently (with soap and water), and clean and sanitize the surfaces and objects that may be contaminated with the flu viruses.

If you get sick, avoid your contact with other people as much as possible. Please remember to cover your nose and mouth with a paper towel when coughing or sneezing, and throw the paper towel into the garbage bin after using it. Stay at home until at least for 24 hours after the fever is gone (except to receive medical care or for other needs). (Before resuming your regular activities, your fever must have disappeared for about 24 hours without using a drug to decrease it).

Learn more: <https://www.cdc.gov/flu/treatment/treatment.htm>

TAKE ANTIVIRAL DRUGS IF PRESCRIBED BY YOUR DOCTOR!

If you catch the flu, antiviral drugs can be used to treat it. Antiviral drugs can alleviate the symptoms and shorten the duration of the disease. They can also prevent severe flu complications, such as pneumonia.

The CDCs recommend the use of antiviral drugs during the early stages of treatment for persons who are very sick from the flu (such as people who are hospitalized) and those who get it and are at high risk of severe complications, due to their age or to having a high-risk condition.

Learn more: <https://www.cdc.gov/flu/treatment/treatment.htm>

www.cdc.gov/flu

CONSIGLIA LA PULIZIA



Know the Signs and Symptoms

Pneumonia	Aspiration Pneumonia	Flu
<ul style="list-style-type: none"> Sweating Fever Shortness of breath Wheezing Fatigue Cough, especially involving sputum (mucus) Difficulty swallowing Chest pain 	<ul style="list-style-type: none"> Regular coughing or sneezing while eating Gurgling sounds after eating Sudden coughing, wheezing or hoarseness Drizzling Changes in breathing patterns Excessive throat clearing Avoids eating, especially favorite foods because they are uncomfortable 	<ul style="list-style-type: none"> Fever above 100 degrees Sore throat Fatigue and weakness that can last up to two to three weeks Cough General aches and pains Intense headache Runny or stuffy nose
<p>Take Action</p> <ul style="list-style-type: none"> Use your training, equipment, and skills to take someone's vitals. <ul style="list-style-type: none"> A pulse oximeter can measure a person's oxygen. To learn more, watch this quick video. Call a nurse, doctor, or get assistance immediately if a person is experiencing signs of pneumonia. Document a person's condition (including vitals) and any changes so you can monitor and report. 		

Prevention Tips to Protect You and Others

- Stay home when sick
- Cover coughs and sneezes
- Wash hands often
- Avoid touching eyes, nose, or mouth
- Get enough sleep
- Exercise and avoid stress
- Drink plenty of fluids
- Avoid close contact with sick people