

'Take 3' Steps To Fight The Flu



**TOOELE
COUNTY
HEALTH DEPARTMENT**

1 Take time to get vaccinated

CDC recommends a yearly flu vaccine as the most important step in protecting against this serious disease.

The vaccine can protect you from getting sick or it can make your illness milder.

Getting a vaccine is very important for:

- Young children
- Pregnant women
- People with chronic health conditions like asthma, diabetes, or heart or lung disease
- People 65 and older
- People who live with or care for those at high risk

2 Take Action

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

Stay home when you are sick.

Avoid touching your eyes, nose, and mouth.

3 Take it to your doctor if you are ill

Flu symptoms include:

- fever
- headache
- extreme tiredness
- dry cough and sore throat
- runny or stuffy nose
- muscle aches

If you get the flu, antiviral drugs are an important treatment option. They are not a substitute for vaccination.

Antiviral drugs are prescription medicines that fight the flu by keeping flu viruses from reproducing in your body.

Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. This is especially important for people at high risk.

For more information call the health department at 435-277-2440
Visit our Website at: <http://www.tooelehealth.org>