

FIGHT FLU

CDC Says  
"Take 3"  
Actions  
To Fight Flu

## #1 TAKE TIME TO GET A FLU VACCINE.

- CDC recommends a yearly flu vaccine as the first and most important action to protect against flu and its potentially serious complications. **During 2020-2021, getting a flu vaccine will be more important than ever.** Flu vaccination is part of a comprehensive public health strategy to reduce the burden of flu, but also to preserve scarce health care resources for care of patients with COVID-19.
- **Everyone 6 months and older should get an annual flu vaccine** by the end of October, but vaccination of high risk people is especially important to decrease their risk of severe flu illness.
- People at **high risk of serious flu complications** include young children, pregnant women, people with certain chronic health conditions, and people 65 years and older. Many people at higher risk from flu also seem to be at higher risk from COVID-19.
- While there are many different flu viruses, **flu vaccines protect against the three or four viruses that research suggests will be most common.** Flu vaccine will not protect against COVID-19.

## #2 TAKE EVERYDAY PREVENTIVE ACTIONS TO HELP REDUCE THE SPREAD OF GERMS.

- Try to **avoid close contact with sick people.**
- **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.** If soap and water are not available, use an alcohol-based hand rub.
- **Avoid touching your eyes, nose and mouth.** Germs spread this way.
- **Clean and disinfect surfaces and objects** that may be contaminated with germs like flu.
- While sick, limit your contact with others as much as possible to keep from infecting them.
- In the context of the COVID-19 pandemic, local governments or public health departments may recommend additional precautions be taken in your community. Follow those instructions.

## #3 TAKE FLU ANTIVIRAL DRUGS IF YOUR DOCTOR PRESCRIBES THEM.

- If you get **sick with flu, antiviral drugs can be used to treat your illness.** Flu antiviral drugs are not designed to treat COVID-19.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid, or an inhaled powder) and are not available over-the-counter.
- **Antiviral drugs can make illness milder and shorten the time you are sick.** They may also prevent serious flu complications.
- CDC recommends prompt treatment for people who have flu infection or suspected flu infection and who are at high risk of serious flu complications.
- Studies show that **flu antiviral drugs work best for treatment when they are started within 2 days of getting sick,** but starting them later can still be helpful, especially if the sick person has a high risk factor or is very sick from flu.
- If you are at higher risk from flu and get flu symptoms, call your healthcare provider early so you can be treated with flu antivirals if needed. Follow your doctor's instructions for taking this drug.

### FLU-LIKE SYMPTOMS INCLUDE:

fever\* or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscles and body aches, headache, fatigue, sometimes diarrhea and vomiting.

\*It's important to note that not everyone with flu will have a fever.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

For more information, visit [www.cdc.gov/flu](http://www.cdc.gov/flu) or call 800-CDC-INFO