



South Central  
Public Health District  
Prevent. Promote. Protect.

Know What to  
Do About the  
flu

Cover  
your  
cough!



Get  
vaccinated!

Wash  
your  
hands!



Stay  
Home  
24 hours after  
fever  
has ended!

## Seasonal flu

### Get Your Flu Shot:

**Getting vaccinated means not only protecting yourself, but not spreading the flu to your spouse, children, or grandchildren. The following groups should get vaccinated against the flu:**

- Everyone 6 months of age or older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including:
  - a. Health care workers
  - b. Household contacts of persons at high risk for complications from the flu
  - c. Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

### Stay Healthy by practicing these healthy habits:

- Avoid people who are sick with the flu
- Stay home when you are sick
- Cover your coughs and sneezes
- Wash your hands often
- Don't touch your eyes, nose, or mouth
- Get plenty of sleep, stay physically active, manage your stress, drink plenty of fluids, and eat nutritious food

## Flu Symptoms

The symptoms of seasonal flu include fever, cough, sore throat, body aches, headache, chills, fatigue, and occasionally vomiting and diarrhea. Seasonal flu may also cause a worsening of underlying chronic medical conditions.

### In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

### In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

## It is important to note that:

- **Vaccination is the best protection.**
- **Seasonal flu vaccines have a very good safety track record.**

One-stop access to U.S. Government seasonal flu information at

# Flu.gov

- Seasonal Flu
- Individuals and Families
- Where You Live
- Frequent Questions
- Health and Safety
- Professionals
- Business Planning
- Community Planning
- School Planning
- Transportation Planning
- Hospital Planning

For more information about the flu and flu vaccines call or visit our website



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[www.phd5.idaho.gov](http://www.phd5.idaho.gov)