

THE FLU 2013

Important flu information from the Delaware Division of Public Health (DPH).

Vaccination is your best protection. Get vaccinated today!

Vaccinations are offered through physician offices, and many pharmacies and grocery stores. DPH is also expanding vaccination opportunities at public health clinics. For information on the flu or where to get vaccinated visit www.flu.delaware.gov or call 800-282-8672.

Delawareans are also encouraged to prevent infection by:

- Washing hands with soap frequently or using alcohol-based hand sanitizers, especially after coughing, sneezing or touching your face.
- Covering coughs and sneezes with a tissue and disposing of the tissue immediately. If a tissue is not available, cough or sneeze into your sleeve. Droplets from a sneeze can travel up to six feet.
- Staying home when sick and not returning to school or work until 24 hours after a fever.

5 steps to take if you get the flu:

1. Stay at home and rest.
2. Avoid close contact with well people in your house so you won't make them sick.
3. Drink plenty of water and other clear liquids to prevent fluid loss (dehydration).
4. Treat fever and cough with medicines you can buy at the store.
5. If you get very sick or are pregnant or have a medical condition (like asthma) that puts you at higher risk of flu complications, call your doctor. You may need antiviral medication.

When should you seek medical attention?

See reverse for emergency warning signs that require immediate medical care. →

The flu vaccine saves lives. GET IT.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health



Seek immediate medical help if someone is experiencing one or more of the emergency signs listed below:

IN CHILDREN	IN ADULTS
<ul style="list-style-type: none"> Fast breathing or trouble breathing 	<ul style="list-style-type: none"> Difficulty breathing or shortness of breath
<ul style="list-style-type: none"> Bluish skin color 	<ul style="list-style-type: none"> Pain or pressure in the chest or abdomen
<ul style="list-style-type: none"> Not drinking enough fluids 	<ul style="list-style-type: none"> Sudden dizziness
<ul style="list-style-type: none"> Not waking up or not interacting 	<ul style="list-style-type: none"> Confusion
<ul style="list-style-type: none"> Being so irritable that the child doesn't want to be held 	<ul style="list-style-type: none"> Severe or persistent vomiting
<ul style="list-style-type: none"> Flu-like symptoms improve to return with fever and worse cough 	<ul style="list-style-type: none"> Flu-like symptoms that improve to return with fever and worse cough
<ul style="list-style-type: none"> Fever with a rash 	

In addition to the signs above, get medical help right away for any infant who has any of these signs:

<ul style="list-style-type: none"> Being unable to eat 	
<ul style="list-style-type: none"> Has trouble breathing 	
<ul style="list-style-type: none"> Has no tears when crying 	
<ul style="list-style-type: none"> Significantly fewer wet diapers than normal 	

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