



If you are unable to get a flu shot...

Recommendations from the Branch Hillsdale-St. Joseph Community Health Agency

If you were not able to receive a flu shot this year, you can still limit your exposure to the flu and reduce the chances of becoming ill. Consider the following when dealing with the flu:

- Remember, the flu is different from a cold. The flu usually comes on suddenly and may include these **symptoms**: Fever, headache, fatigue, dry cough, sore throat, body aches
- The flu is spread when a person who has the flu coughs, sneezes, or speaks and sends flu virus into the air, and other people inhale the virus.
- Influenza may be spread when a person touches a surface that has flu viruses on it – a door handle, for instance – and then touches his or her nose or mouth.
- A person can spread the flu starting one day before he or she feels sick. Adults can continue to pass the flu virus to others for another three to seven days after symptoms start. Children can pass the virus for longer than seven days.
- **WASH YOUR HANDS.** Since flu is spread by person-to-person-contact, be sure to wash your hands periodically to limit possibility of spreading the virus yourself or from exposing yourself to it from someone else. Simple but good advice.

If you feel you already have the flu you should:

- ✓ Rest
- ✓ Drink plenty of fluids
- ✓ Avoid using alcohol and tobacco
- ✓ Take medication to relieve symptoms of flu – antibiotics do **NOT** work
- ✓ If at all possible – stay at home – do not go to work
- ✓ Cover your mouth when coughing – **flu is spread person-to-person**
- ✓ Wash hands frequently

Contact your health care provider for additional information

Visit our Web site for additional information about the flu and other health concerns

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