

do10

Fight the Flu

# 1. Get Vaccinated



**Call your healthcare provider or county health department to schedule your seasonal flu vaccination.**

**Seasonal flu vaccine is usually given from October through March each year.**

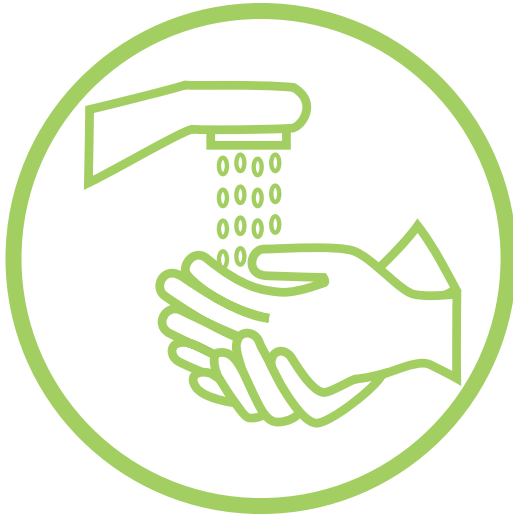
**Each year the flu vaccine is updated to fight current flu strains.**

**Myth: Many people believe that taking a flu shot will make them sick.  
Truth: The flu shot is made with an inactivated vaccine (containing killed virus) and cannot infect anyone.**

**The nasal-spray flu vaccine is made with live, weakened flu viruses.**

**Don't get flu vaccine if you are allergic to eggs, had a severe reaction to a flu vaccine in the past, developed Guillian-Barré syndrome (GBS), are less than 6 months of age, or if you have a moderate or severe illness with a fever.**

## 2. Wash Your Hands



1. Wet your hands with warm running water and apply soap.
2. Rub hands together to make lather and scrub all surfaces for 20 seconds.
3. Rinse hands well under running water.
4. Dry your hands using a paper towel or air dryer.
5. If possible, use your paper towel to turn off the faucet.

**No soap and water? Use alcohol-based hand gel.**

1. Apply gel to palm.
2. Rub the gel over all surfaces and fingers until dry.

**Wash your hands immediately after:**

- Coughing
- Sneezing
- Using the bathroom
- Being with a sick person
- Handling garbage, animals, and animal waste
- Handling dirty dishes, trash, and laundry
- Being in contact with sick people
- Touching doorknobs, phones, etc.

**See ADPH's Wash Your Hands flyer; go to [www.adph.org/pandemicflu](http://www.adph.org/pandemicflu), Free Printed Material.**

### **3. Cover Your Coughs and Sneezes**



**Cover your coughs and sneezes with either a tissue or your upper sleeve.**

**Droplets from a cough or sneeze can travel up to 6 feet.**

**Avoid crowds and shaking hands during outbreaks.**

**Avoid touching your eyes, nose, and mouth.**

**See ADPH's Cover Your Cough flyer; go to [www.adph.org/pandemicflu](http://www.adph.org/pandemicflu), Free Printed Material.**

## 4. Stay Home with Fever



**Stay at home when you have a fever of 100 degrees F or higher.**

**Return to normal social and work activities after you've been fever-free without taking fever-reducing medicine for 24 hours.**

**Other flu symptoms may include:**

- **Dry cough**
- **Sore throat**
- **Headache**
- **Extreme tiredness**
- **Runny or stuffy nose**
- **Muscle aches**
- **Nausea**
- **Vomiting**
- **Diarrhea**
- **Chills**

## 5. Stockpile Supplies



Buy one item each time you shop to build a two- to four-week stockpile.

**Stockpile supplies should include:**

**Soap and alcohol-based (60% minimum) hand sanitizer**  
**Fever/pain reducer, cold/flu symptom medications, and antidiarrheal medications**

**Thermometer**

**Prescription medications, medical supplies, and equipment**

**Pedialyte, juices, electrolyte drinks, and bottled water**

**Tissue, paper tissue, and paper towels**

**Household cleaners, bleach, rubber gloves, face masks, garbage bags**

**Non-perishable food that is easy to prepare such as canned soup, granola bars, and crackers**

**Baby food and diapers, if needed**

**Pet food, if needed**

See ADPH's Get 10 pamphlet; go to [www.adph.org/get10](http://www.adph.org/get10) for additional information.

## 6. Clean and Disinfect



**Frequently wipe surfaces like door knobs, phones, faucets, and food preparation areas with household disinfectant.**

**Always follow label instructions. Keep disinfectants away from children, pets, heat, flames, and electrical equipment.**

**Don't share linens, utensils, or dishes without washing first.**

**Avoid "hugging" laundry from a sick person.**

**See ADPH's Clean and Disinfect flyer; go to [www.adph.org/pandemicflu](http://www.adph.org/pandemicflu), Free Printed Material.**

## 7. Know Your Office Emergency Plan



**Employees should know their office emergency plan.**

**Emergency Plans are also known as a Continuity of Operations Plan (COOP), Operations Plan (Op Plan), or Business Strategic Plan.**

**All organizations should have an emergency plan that addresses critical functions, critical staff, order of succession, vital records, alternate work arrangements, and communications.**

**Review personnel policies that penalize staff for staying home when they have a fever.**

**See ADPH's Blank COOP/OP Plan Template; go to [www.adph.org/pandemicflu](http://www.adph.org/pandemicflu), Community COOP/OP Plan.**



## 8. Learn Home Care



**Keep a record of fever, other symptoms, and medications given.**

**Get plenty of rest and drink clear fluids.**

**Clear fluids include water, broth, sports drinks, and electrolyte beverages for infants.**

**Talk to your healthcare provider about a diabetic sick day plan.**

**If you have been vomiting, wait four hours after vomiting stops to try eating. Eat small amounts of easily digested foods, such as rice, toast, jello, bananas, and apple sauce. Sip fluids.**

**Read the ingredients and follow the directions on medications to relieve sore throat, stuffy nose, cough, fever, aches, nausea, and diarrhea.**

**Do not give aspirin to children under age 19; use acetaminophen (Tylenol) or ibuprofen (Advil or Motrin) as directed.**

**See ADPH's Prepare for Home Care brochures; go to [www.adph.org/pandemicflu](http://www.adph.org/pandemicflu), Free Printed Material.**

## 9. Call Your Doctor If Symptoms Get Worse



Call your doctor if symptoms get worse.

**For children these include:**

**Fast breathing, trouble breathing**

**Bluish or gray skin color**

**Not drinking enough fluids**

**Extreme irritability**

**Severe or persistent vomiting**

**Not waking up or interacting**

**Flu-like symptoms improve but then return with fever and worse cough**

**For adults symptoms include:**

**Difficulty breathing or shortness of breath**

**Sudden dizziness**

**Pain or pressure in the chest or abdomen**

**Confusion**

**Severe or persistent vomiting**

**Flu-like symptoms improve but then return with fever and worse cough**

See ADPH's Prepare for Home Care; go to [www.adph.org/pandemicflu](http://www.adph.org/pandemicflu), Free Printed Material.

## 10. Stay Informed



**For national, state, or local public flu information, watch TV, listen to the radio, and read the newspaper.**

**For general flu information, call 211.**

**Talk to your healthcare provider or county health department for more flu information.**

**Share up-to-date flu information with your community.**

**For more detailed information, go to [www.flu.gov](http://www.flu.gov) or [www.adph.org](http://www.adph.org).**



Alabama Department of Public Health

The RSA Tower • 201 Monroe Street • Montgomery, AL 36104

For more information, please call 1.866.264.4073 • [www.adph.org/do10](http://www.adph.org/do10)