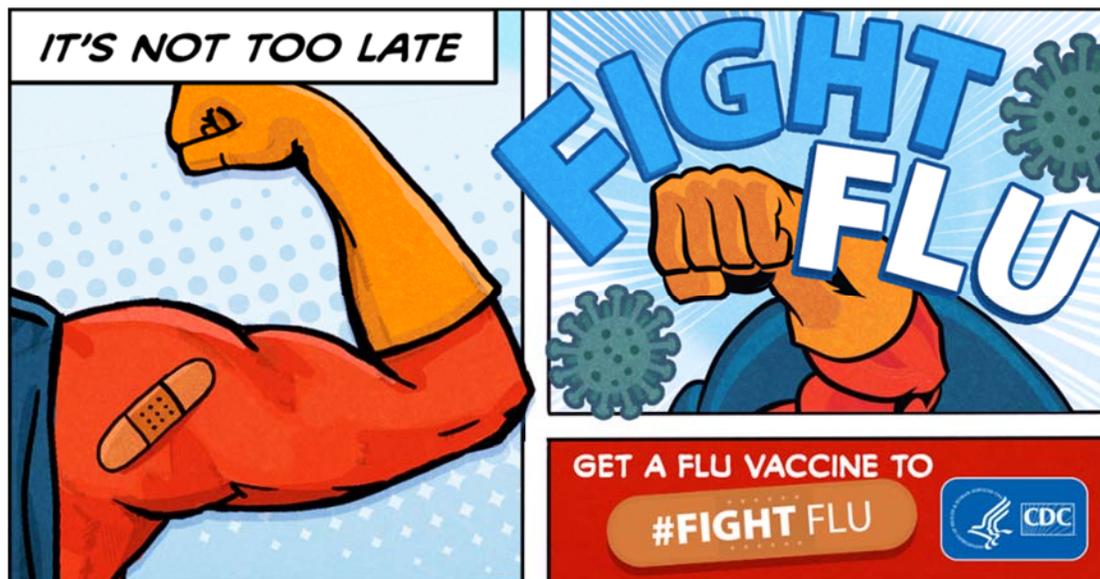


January 2018

Maryland is reporting a high number of flu cases.



1. It's not too late to get a flu shot.

It's important to get immunized every year. The flu shot will not prevent all strains of the flu, but your symptoms will be milder.

2. Getting a flu shot does not "cause" the flu.

It takes about *two weeks* after vaccination to develop immunity protection. A person can still get sick during that time if they are exposed.

The sooner you get a flu shot, the better.

3. Wash your hands and cover your cough and sneeze!

Always practice good hand hygiene to keep from getting sick, and to avoid spreading the flu virus.

FOR MORE INFORMATION, VISIT:

CCHD.Maryland.gov/Flu

**Carroll County
Health Department**



Public Health
Prevent. Promote. Protect.



January 2018

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IF SICK WITH FLU SYMPTOMS SUCH AS FEVER, COUGH, CHILLS, SORE THROAT or BODY ACHES:

1. Rest in bed and take plenty of fluids.

STAY HOME unless going to a doctor's appointment. **COVER YOUR COUGH AND SNEEZE.**

Stay home for at least 24 hours after your fever is gone.



Know the emergency warning signs of flu.

Get immediate medical help if these symptoms appear:

In children

- Fast breathing or trouble breathing
- Not drinking enough fluids
- Child is so irritable that they do not want to be held
- Not waking up or not interacting
- Flu-like symptoms improve, but then return with fever and worse cough
- Fever with a rash
- Bluish skin color

In adults

- Difficulty breathing or shortness of breath
- Severe or persistent vomiting
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion

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

- Trouble breathing
- Significantly fewer wet diapers than normal
- No tears when crying (dehydration)
- Is unable to eat.

2. Wash your hands!

Always practice good hand hygiene to keep from getting sick and to avoid spreading the flu virus.

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