

# Don't Get the Flu. Don't Give the Flu.

Get your flu shot to protect yourself and the ones you love.

## Is it a Cold or the Flu?

	High Fever	Body Aches and Pains	Extreme Exhaustion	Chest Discomfort	Headache	Stuffy Nose	Sneezing	Sore Throat	Dry Cough
Common Cold	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Flu (Influenza)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>



## How to Prevent & Care for the Flu



## Flu Emergency Warning Signs

### WHO SHOULD GET THE FLU VACCINE?

- Everyone 6 months of age and older
- People at high risk of complications from the flu including:
  - ✓ Children and Infants
  - ✓ Pregnant Women
  - ✓ Seniors
  - ✓ People with Disabilities
  - ✓ People with Health Conditions
  - ✓ Travelers & People Living Abroad

### CONCERNS IN CHILDREN

(Seek medical care immediately.)

- Fast breathing
- Bluish or gray skin
- Not waking up or interacting
- Severe or persistent vomiting
- Not drinking enough fluids
- Flu- like symptoms improve but then return
- Irritability and not wanting to be held

### CONCERNS IN ADULTS

(Seek medical care immediately.)

- Difficulty breathing
- Flu like symptoms improve but then return
- Confusion
- Sudden dizziness
- Severe or persistent vomiting
- Not drinking enough fluids
- Pain or pressure in the chest or abdomen

For more flu information or vaccine clinic locations, call 2-1-1 or visit [StopTheSpreadAZ.org](http://StopTheSpreadAZ.org).

