

Tips

Be Well: Fight the Flu



The flu is a virus not a cold. The flu can cause pneumonia, hospitalization, and death. You can get the flu from others who are coughing or sneezing. You can get the flu by touching surfaces that a sick person has touched. It's important to be careful during flu season, This is what you can do.

Take these steps to protect yourself and others from the flu:



- Get your flu shot now, It's the best way to prevent the flu.
 - The flu shot is for everyone six months and older.
 - The flu shot is important if you are pregnant, It protects you and your baby.
 - Flu clinic location near you: *insert link*
- Wash your hands often for 20 seconds with soap and water. Or if soap and water aren't available, use a disinfectant hand rub.
- Try not to touch your eyes, nose, and mouth. Germs spread that way.
- Do your best to stay away from crowds. Try to stay apart from sick family members.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Remember to immediately wash your hands immediately after blowing your nose, coughing, or sneezing. If you don't have a tissue, cough or sneeze into your inner elbow.
- Disinfect surfaces in your home that may be contaminated.



If you get the flu:

- Stay home and rest.
- Stay home and away from others for at least 7 days after illness onset or at least 24 hours after fever respiratory symptoms resolve, whichever is longer.



Alameda County
Health Care Services Agency



Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities

Colleen Chawla – Agency Director
Kimi Watkins-Tartt – Director
Nicholas Moss, MD – Interim Health Officer

Contact

Public Health Department:
(510) 267-8000 Main Line

COVID-19 Information:
(510) 268-2101

www.acphd.org