



**COMMUNITY
HEALTH PLAN**
of Washington™

FLU FACTSHEET

PROTECT YOURSELF

Get a flu shot!

You can go to your pharmacy or your doctor's office.

Wash your hands:

- Use soap and water
- Wash for 20 seconds
- Scrub under nails and between fingers

Keep your immune system strong

- Get enough sleep
- Eat lots of fruits and veggies
- Drink lots of water

Cover your nose and mouth.

You can spread the flu even if you don't have symptoms.

HOW TO TREAT THE FLU

Stay home. The flu is worst the first 3 to 5 days and can take up to two weeks to clear up.

Go to the Doctor. They can give you medicine to ease your symptoms.

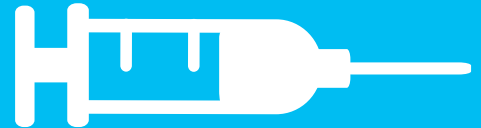
Rest. Getting lots of sleep gives your body time to fight off the flu.

Fluids. Drink water, hot tea, and juice. Avoid sugar drinks and caffeine.

RECOGNIZE THE SYMPTOMS

The flu causes:

- Fever
- Body aches
- Headache
- Dry cough
- Sore/dry throat
- Tiredness
- Loss of appetite



IF YOUR FLU GETS WORSE

Sometimes, the flu can cause more serious problems, like ear infections, sinus infections, bronchitis, and pneumonia.

If you start to have worse symptoms, new symptoms, or your flu is not clearing up after a week, go to your doctor.