

FIGHT THE FLU

Flu season in the United States can begin as early as October and continue as late as May. Symptoms may include fever, headache, chills, dry cough, sore throat, body aches and fatigue. Like colds, flu can cause a stuffy or runny nose, sneezing, sore throat and watery eyes.

Did You Know?

- The flu is a respiratory virus, not a stomach or intestinal disease
- You cannot get the flu from the flu shot
- There is a special flu vaccine (FluBlok) for those aged 18 and older who have an egg allergy
- Since the flu is viral, not bacterial, antibiotics don't work against it

If You Get Sick...

- Cover your cough
- Sneeze into a tissue or your upper sleeve; not into your hands
- Stay home from work and keep kids home from school to prevent the spread of flu
- Drink plenty of clear liquids to stay hydrated

FLU PREVENTION

To help prevent getting sick, the Centers for Disease Control makes these recommendations:

- Get vaccinated against flu – only injectable flu shots (not the nasal spray vaccine) are recommended for use this season
- Wash your hands often with soap and water
- Practice healthy habits such as eating a balanced diet, getting enough sleep, exercising and keeping stress in check
- Work with your physician to identify risk factors and create a treatment plan

WHO SHOULD GET A FLU SHOT?

Everyone over the age of 6 months should get an annual flu shot, but some have a higher risk of developing complications from flu. This includes:

- People over the age of 65
- Those with chronic medical conditions such as asthma, diabetes or heart disease
- Pregnant women
- Young children

OVERLAKE
MEDICAL CENTER AND CLINICS

Call today or visit overlakehospital.org/clinics to find out about upcoming flu clinics at your neighborhood clinic or to make an appointment for a flu shot.

BELLEVUE—CONCIERGE CARE	425.635.6910
BELLEVUE—DOWNTOWN	425.635.6350
BELLEVUE—EXPEDIA	425.637.3220
BELLEVUE—HOSPITAL CAMPUS	425.289.3100
BELLEVUE—LAKE HILLS	425.637.3270
BELLEVUE—SENIOR HEALTH	425.688.5234
ISSAQUAH	425.688.5488
KIRKLAND	425.635.6470
REDMOND	425.635.6430
SAMMAMISH	425.635.3070