

About our organization

Families Fighting Flu is a nonprofit, 501(c)(3) volunteer-based advocacy organization dedicated to protecting the lives of children and their families. Our members include families whose children have suffered serious medical complications or died from influenza, as well as health care practitioners and advocates committed to flu prevention. In honor of our loved ones, we work to increase awareness about the seriousness of the disease and to reduce the number of hospitalizations and deaths caused by the flu each year by increasing vaccination rates. Families Fighting Flu offers support to other families and communities who have been severely affected by the flu through resources available on www.familiesfightingflu.org.

Connect with us

Visit our website, www.familiesfightingflu.org, to learn more about our organization, sign up for our e-newsletter or get more involved in our fight against influenza. Also check out our Facebook and Twitter pages. Families Fighting Flu is a great resource to keep you and your family up-to-date on influenza.



www.facebook.com/familiesfightingflu



www.twitter.com/famfightflu

Support us

Families Fighting Flu is a volunteer-based organization that operates solely on donations from sponsors and people like you that support our mission and share our goals. Our policies and activities are determined by our Board of Directors. We do not advocate on behalf of any flu vaccine manufacturers or endorse any specific flu vaccine product.

To get involved with our organization as a volunteer, or make a donation, visit www.familiesfightingflu.org.



Working together
to protect children,
families, and
communities
against the flu



What is the flu?

Influenza, or “the flu,” is a highly contagious, viral infection of the respiratory tract (nose, throat and lungs) that can also affect many other organs in the body and cause serious complications and even death. The flu is often confused with the common cold, but flu symptoms tend to develop quickly (usually 1 to 4 days after a person is exposed to the flu virus) and are usually more severe than the typical sneezing and congestion associated with a cold.

Influenza is often accompanied with fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches. Nausea, vomiting and diarrhea are also common symptoms in children.

A person infected with the flu virus will typically suffer from the illness for approximately 7 to 10 days, with 5 to 6 days of limited activity and about 3 days of bed rest.

How serious is the flu?

Every year in the U.S., healthy children and adults are hospitalized or die from flu complications. In fact, influenza causes more deaths than any other vaccine-preventable disease, approximately 646,000 worldwide every year. In the U.S., there are upwards of 56,000 flu-related deaths every year, including on average 100 children, and hundreds of thousands of flu-related hospitalizations.



Who should get vaccinated against the flu?

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older should get vaccinated against the flu every year. Pregnant women should be vaccinated against the flu to help protect their infants through the first six months of life.

Getting vaccinated not only protects you, but also the people around you like family and community members. The more people that are vaccinated, the less the disease can spread.

When is the best time to get vaccinated?

It is recommended to get vaccinated as soon as vaccine becomes available in your community. The flu virus tends to spread from October to May, with most cases occurring in January or February. However, vaccinations can be given at any time during the flu season — even getting a vaccination later in the season (December through March) can still help protect you from influenza.

What’s the best way to prevent the flu?

Get vaccinated.

Influenza vaccination is safe and effective and is the single best way to help protect yourself and your family from the flu each year. Since flu viruses are constantly changing, the vaccine is formulated each year to keep up with the flu viruses as they change; therefore, it is important to get a vaccination annually.

Wash your hands.

Frequent hand washing keeps lots of germs out of our bodies, including the influenza virus. If soap and water are not available, use a hand sanitizer.

Stay home if you don’t feel well.

Should you become infected, keep the germs from spreading by staying home — and don’t forget to take care of yourself!

Do the elbow cough.

Cough into elbows, not hands where it’s more likely to spread bacteria and viruses through touch.

FLU CHECKLIST

- Get vaccinated
- Wash your hands
- Stay home if you don’t feel well
- Do the elbow cough