

3 Steps to Protect Your Family from Flu



1: Vaccinate



Flu vaccination is the best preventative measure you can take. The CDC recommends everyone 6 months and older should get a flu vaccine every season. Although the flu vaccine won't prevent every case of the flu, getting an annual vaccination is the best way to reduce your risk of serious illness.

2: Test



Get tested if you have symptoms. Even if you did get the flu vaccine, don't ignore symptoms and ask to get tested for flu. Flu symptoms can look like many other illnesses and testing is the only way to know for sure. Knowing which virus is making you sick allows your healthcare provider to give you the best treatment.

SYMPTOMS	FLU	COVID-19	STREP THROAT	RSV
Fever	•	•	•	•
Congestion or stuffy nose	•	•		
Runny nose	•	•		•
Sore throat	•	•	•	
Muscle pains	•	•		
Headache	•	•		
Coughing	•	•		•
Feeling tired	•	•		

3: Treat



Get treatment if you do test positive. Take antiviral medications if prescribed. Antiviral medications work best when started soon after flu symptoms begin to help prevent the risk of flu complications - including hospitalization and death.

Take the Flu Seriously

BLAKE CRANE'S STORY

Blake Anthony Crane was a healthy 16-year-old that loved baseball, fishing, playing on his Xbox, reading, and his family.

On February 14, 2020, Blake returned home from school not feeling well. His condition quickly deteriorated and just days later, at 2:00 am on February 17, 2020, Blake passed away from cardiac arrest caused by septic shock due to influenza B.



With initial symptoms, Blake was not tested for influenza. It wasn't until he was in a very serious condition that he was finally diagnosed with influenza B, leaving his parents to wonder if his life could of been saved had his illness been identified sooner.

Blake had typically received an annual flu vaccine each year, unfortunately, getting vaccinated slipped through the cracks in 2020 and other daily demands took priority.

Blake's parents, Tony and Becky, hope that by sharing his story, it will help other parents recognize the warning signs of serious complications from influenza. They now know that annual flu vaccination not only helps to avoid the inconvenience of getting the flu but can also save lives.

Vaccinate. Test. Treat.

WHEN TO BE ON THE LOOKOUT FOR RESPIRATORY INFECTIONS:

	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP
FLU	•	•	•	•	•	•	•	•				
COVID-19	<i>Timing of Covid-19 surges vary.</i>											
STREP THROAT			•	•	•	•	•					
RSV	•	•	•	•	•	•	•	•	•			

To learn more, visit
www.familiesfightingflu.org

