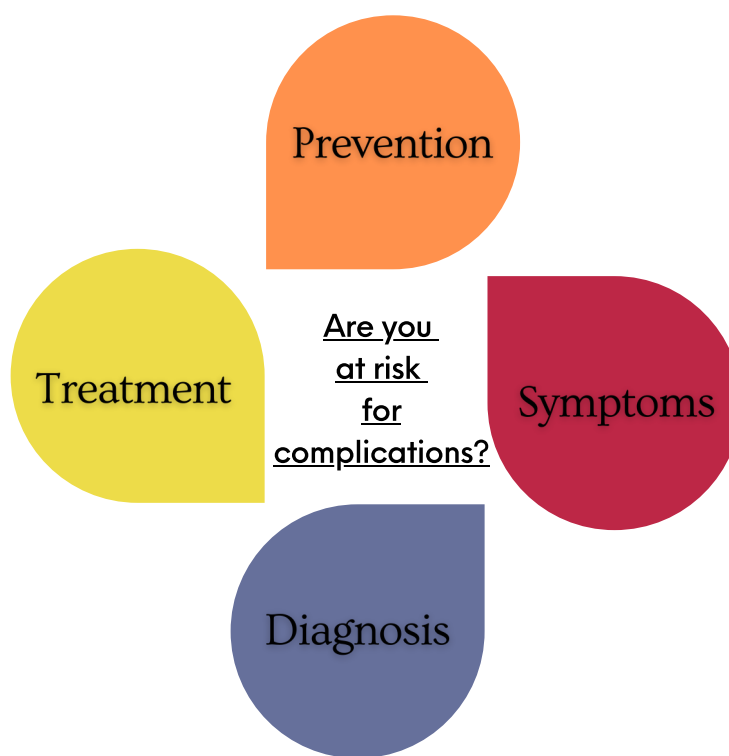


Flu Action Kit



Empowering you

This toolkit provides information and actions to help keep you and others healthy and safe.



This flu resource has been created in collaboration with:





Are you at risk for Complications?

We are all at risk for the flu, but some people are at an even higher risk of complications if they get the flu.

Accessing resources_ is important for keeping yourself and those around you safe.

Find action steps for preventing and protecting yourself and others from the flu.

Prevention

Symptoms

Find out how to understand and what you should do next for your own health and to protect those around you.

Understand symptoms of the Flu, COVID-19, and Cold

Find information about timely diagnosis and how to get diagnosed.

Diagnosis

Treatment

Find out how to care for yourself at home and when you should seek treatment support



Are you high-risk?

Find more resources from organizations aimed at supporting
your health.



heart
disease/stroke

- American Heart Association: [Flu & Pneumonia Prevention](#)
- ADA/AHA/ALA: [Flu Vaccine Initiative](#)
- Families Fighting Flu: [Flu & Those With Certain Health Conditions](#)
- CDC: [Flu & People with Heart Disease or History of Stroke](#)



Lung disease
(asthma,
COPD, etc)

- American Lung Association: [My Shot Campaign](#)
- Asthma and Allergy Foundation of America: [Flu & Those with Asthma & Allergies](#)
- Families Fighting Flu: [Flu & Those With Certain Health Conditions](#)
- CDC: [Flu & Asthma](#)



Older adults

- Families Fighting Flu: [Flu Impact on Seniors](#)
- National Foundation for Infectious Disease: [Flu in Older Adults](#)
- CDC: [Flu & People 65 Years & Older](#)



diabetes

- American Diabetes Association: [Flu & Diabetes - Flu & Pneumonia Shots](#)
- Families Fighting Flu: [Flu & Those With Certain Health Conditions; Flu & Diabetes](#)
- National Foundation for Infectious Diseases: [Facts About Flu & Diabetes](#)
- CDC: [Flu & Diabetes](#)



children

- Families Fighting Flu: [Flu Vaccination for Young Children](#)
- National Foundation for Infectious Disease: [Myths & Facts About Flu & Children](#)
- CDC: [Flu & Young Children](#)



pregnancy

- Families Fighting Flu: [Flu & Pregnant Women](#)
- HealthyWomen: [Vaccines During & After Pregnancy](#)
- Vaccinate Your Family: [Vaccines During Pregnancy](#)
- CDC: [Flu & Pregnant Women](#)



cancer

- American Cancer Society: [Vaccinations & Flu Shots For People With Cancer](#)
- LUNGevity Foundation: [Should Lung Cancer Patients Get Flu Shots](#)
- CDC: [Flu & Cancer](#)

Prevention

Find action steps for preventing and protecting yourself and others from the flu.



Wash your hands frequently for at least 20 seconds with soap and water, avoid touching your face, and physically distance from those who may be sick.



The CDC recommends everyone age 6 months and older get a flu vaccine every year, with rare exceptions.



It is best to get your flu vaccination in late October but it is never too late.



You can get a flu shot at low or no cost:

- Local health departments
- Your physicians office
- Your local community pharmacy
- Grocery store pharmacy



Masks provide protection from the spread of viruses and can keep you and others safe from the flu

Can the flu vaccine give you the flu?

No, the flu vaccine cannot give you the flu. It does take 2 weeks to begin protecting your system so it is important to get it early for better protection.

Q

I'm healthy, do I need to be vaccinated?

Yes, even healthy people can have severe complications from the flu.

A

Find more answers

Families Fighting Flu: [Flu Facts vs. fiction](#)

HealthyWomen: [Flu shot myths & myths and inaccurate information](#)

National Foundation for Infectious Disease: [Myths & Facts](#)

CDC (Center for Disease Control & Prevention): [Misconceptions about Seasonal flu vaccinations](#)

Read about 10-year old Maya



Symptoms

Find out how to understand and what you should do next for your own health and to protect those around you.

Visit the next page for a symptom check-list



While everyone's experience will differ, as soon as you are feeling unwell use a symptom checklist like the one on the next page. This gives you a starting point to understand your symptoms but doesn't replace a doctor.



Confirming your flu diagnosis is important in order to receive medications that may be able to help. They need to be given within the first 2 days of symptoms.



Contact your doctor, nurse, local pharmacy or urgent care. Tell them you suspect you might have the flu and find out where you can receive a flu test.



Rest. Avoid others, especially those who may be higher risk. Wear a mask and socially distance.

Isn't the flu just like the common cold, and not a big deal?

No. The flu is a severe and sometimes life-threatening disease that kills up to 500,000 worldwide each year.

Q

A

Can you spread the flu if you are feeling well and have no symptoms?

Yes. 20-30% of people carrying the flu have no symptoms. You may be contagious and not know it.

Find more answers

Families Fighting Flu:

[Symptoms of Common Cold, Flu, and COVID](#)

[COVID-19 vs. Flu: How do they compare?](#)

CDC:

[Similarities and differences between flu and COVID-19](#)

[People at high risk for flu complications. Flu vaccine more important than ever because of the COVID-19 pandemic](#)

HealthyWomen:

[Getting the Flu shot is more important than ever because of COVID-19](#)

[Stop comparing COVID-19 with the flu](#)


















Understanding symptoms of the Flu, COVID-19, and Cold



Symptom Check-List

This symptom list should not replace the advice of a doctor. Everyone's experience is not the same and your illness may be different than others.

Symptom	Cold	Flu*	COVID-19
 Fever		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 Fatigue(tiredness)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 Cough	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 Sore Throat	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 Headaches		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 Runny Nose	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 Shortness of Breath		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 Body Aches	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 Diarrhea and/or Vomiting		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
 Days to symptoms	2-3 days after infection	1-4 days after infection	About 5 days but can range from 2-14
 Red, swollen eyes			<input checked="" type="checkbox"/>
 Loss of Taste and/or Smell			<input checked="" type="checkbox"/>
 Skin rashes			<input checked="" type="checkbox"/>

* Not everyone with the flu will have a fever. Symptoms may vary



It is possible to spread illness with a cold, flu and COVID-19 before you show signs of illness.



Each illness can spread from person-to-person in close contact through a sneeze, cough or talking.



It is easier to catch and spread COVID-19 than the flu.



Flu and COVID can result in complications for people at higher risk

Diagnosis

Find information about timely diagnosis and how to get diagnosed.

Diagnosis

1 Contact your doctor, pharmacist, or neighborhood pharmacy and find out your options for a flu test.

2 There are new at-home tests that may be available for you. Ask your pharmacist or doctor for more information about an at-home flu test.

If your test result is positive, find out if you are a candidate for an anti-viral.

3 If your test is negative, speak to your health care provider about the need for a COVID-19 test.

Rapid Flu Test

Rapid flu tests are widely available and results can be impacted by factors including:

How long you have been sick



Type of influenza virus



Type of test (nasal or throat swab)



Age of patient



Speak to your doctor, nurse or pharmacist about your results and steps you can take to help you recover.



For patient safety, convenience, and protection, many doctors, nurses, and pharmacists are offering options to talk to you on video chat, the phone or email (called telehealth).

This may be a good option to avoid contact with others and stay rested.

Why should I get diagnosed?

An early diagnosis can help you possibly receive anti-virals that can help. A diagnosis also helps you take the steps to protect others who may be higher risk.

If you live with others, have been exposed to other people or have higher risk people in your life, it is important to be tested.

Find more answers

American Lung Association: [Diagnosing and treating flu](#)
Asthma & Allergy Foundation of America: [Flu \(influenza\) information](#)
CDC: [Diagnosing flu](#)
CDC: [Testing for Flu](#)



Treatment

Find out how to care for yourself at home and when you should seek treatment support

Learn about Anti-Virals



Anti-virals are recommended as an early treatment for people who have the flu and who are at higher risk for complications.



These medicines work best in the first 2 days of illness, which is why catching your symptoms early, and diagnosis is so important.



Anti-virals are not available over-the-counter. You will need a prescription from a doctor, nurse or pharmacist.



If you are not higher risk and are experiencing mild symptoms, rest at home and avoid contact with others.



Seek Immediate Medical Care



Children

Fast breathing
Ribs pulling in with breathing
No urine for 8 hours (dehydration)
Not alert or interacting when awake
Any fever for infant under 12 weeks

Adults

Difficulty breathing
Pain in chest or abdomen
Confusion or dizziness
Seizures
Not urinating
Severe weakness

Can antibiotics help treat the flu?

No, Antibiotics are used for bacterial infections, not viruses like the flu



Would a doctor be able to give me anything for the flu?

Antivirals can help if the flu is caught early.

Find more answers

Families Fighting Flu [Flu Treatment](#)
American Lung Association: [Diagnosing and treating flu](#)
Familydoctor.org: [Protecting your family during cold and flu seasons – self-care tips](#)
CDC: [Flu Treatment](#)



Family Stories



At 10-years-old, Maya was a healthy girl living with asthma. Her illness began with symptoms that initially included a high fever, cough, muscle weakness, lethargy, vomiting, and diarrhea. Maya visited her pediatrician who prescribed antibiotics and sent her home to rest and hydrate. Maya's illness rapidly progressed and she was eventually diagnosed with H1N1 influenza and hospitalized with flu-related complications including respiratory distress, septic shock, and organ failure.

She was placed into a medically-induced coma to save her life. Maya had not been vaccinated and her mother didn't realize the dangers of flu. Asthmatics like Maya are at higher risk of flu-related complications and yearly flu vaccination is the best protection.

Read Maya's full story at www.familiesfightingflu.org.

Prevention

Symptoms



At 34-years-old, Latasha was a healthy adult who didn't realize the seriousness of flu and as such, was not vaccinated. She had what she thought was a simple illness that started with a cough, lethargy, and lack of appetite. Her illness progressed for weeks and she sought medical attention repeatedly without an appropriate diagnosis. After she began experiencing labored breathing and intense pain throughout her body, she visited the emergency room where her diagnosis was congestive heart failure and pneumonia brought on by flu. She spent 16 days in the hospital and has some lasting medical complications as a result of her flu illness.

Latasha's story reminds us to take flu seriously and advocate for her own health.

Read Latasha's full story at www.familiesfightingflu.org.



Will was diagnosed with Type 1 diabetes at 15 years old. At 22 years old, he was a successful college athlete who played lacrosse and excelled in school. After spending the holidays at home with his family, Will returned to campus where flu season was in full swing. Despite his mother's urging to take the appropriate health precautions, Will had not prioritized a flu vaccination that year.

Only three days after first falling ill, Will's flu illness resulted in diabetic ketoacidosis (DKA) which led to his death. Will's story illustrates the importance of flu prevention as well as diagnosis. Rapid flu testing, especially for people with high risk conditions such as diabetes, can be instrumental in helping to prevent severe flu-related outcomes like hospitalization and even death.

Read Will's full story at www.familiesfightingflu.org.

Diagnosis

Treatment



Paul had never received a flu vaccine because he didn't consider himself to be high risk. He had been sick for three days before he decided to visit a local urgent care, where he was diagnosed with influenza A. Paul's illness continued to progress for over a week, at which point he finally sought treatment at a local emergency room. He was hospitalized in an intensive care unit (ICU) for over 30 days and experienced septic shock and organ failure as a result of his flu illness.

Although he received numerous medical interventions while hospitalized, Paul tragically lost his life to these flu-related complications. His story shows the importance of timely flu treatment.

Read Paul's full story at www.familiesfightingflu.org.