



StayHealthy

Health Information from the Visiting Nurse Service of New York

Are you ready for the flu season?

There is no cure for the flu so it is important that you take steps to avoid getting the flu. Prepare to fight the flu by getting vaccinated and taking preventative action.

Get Vaccinated

One flu shot will protect you from the most common flu viruses and the H1N1 (swine) flu virus. It is recommended that everyone six months or older who wishes to reduce the likelihood of getting the flu get the flu vaccine. It is especially important for:



- People over 65 years old
- Young children
- Pregnant women
- Anyone with a chronic health condition like asthma, diabetes or heart and lung disease

Take Preventive Action

- Cover your nose and mouth with a tissue when you sneeze or cough
- Do not touch your eyes, nose or mouth after coughing or sneezing
- Wash your hands often with soap and water, especially after you cough or sneeze or shake hands
- Drink plenty of water
- Avoid close contact with sick people



Symptoms of the Flu

Unlike a cold that comes on gradually, the flu begins suddenly with a headache, chills, and a cough. It is immediately followed by fever, loss of appetite, muscle aches and tiredness. You can also have a runny nose and a sore throat. Most people recover from the flu within 7-10 days, although tiredness can last longer.



If you come down with flu-like symptoms, ask your nurse or doctor whether you should take medication for your symptoms. Stay at home for at least 24 hours after your fever is gone (except to get medical care).

Start practicing good health habits today so you can stay healthy this flu season!

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