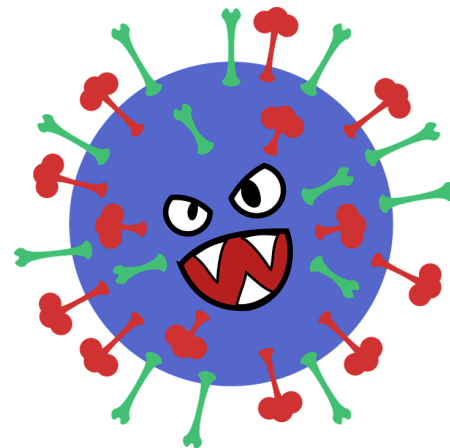


It's the "**Flu Season**" in Cattaraugus County!

What is "the Flu?"

- Infection caused by a virus that affects nose, throat and lungs
- Affects everyone
- Can cause death
- Each year there may be different types of the same virus causing disease
- You can prevent it by **getting the vaccine!**



When is the Flu season?

- Starts in October and ends in May
- **Peak:** December-February
- Sometimes it is mild and at other times severe!
- Flu vaccine may not always be a perfect match, but it can protect!

Who should take the vaccine?

- ⇒ Recommended: **Everyone 6 months and older**
- ⇒ Talk to your doctor for what is best for your family
- ⇒ **Visit:** <https://www.cdc.gov/flu/protect/whoshouldvax.htm#egg-allergy>



What are the signs of the Flu?

- | | |
|----------------------|--|
| * Fever/chills | * Muscle/body aches |
| * Cough | * Headaches |
| * Sore throat | * Tiredness |
| * Runny /stuffy nose | * Vomiting/diarrhea (mostly in children) |

Can I spread it?

- **YES!**
- Through Coughing, Sneezing, Talking, Touching
- You can spread the flu before you know you are sick and upto 7 days after you become sick.

Did you know? NY State has an ANTI-FLU Campaign!

Follow THE CAMPAIGN TO IMMUNIZE ALL NEW YORKERS:

WEBSITE: www.immunize.org ; FACEBOOK: www.facebook.com/immunize

How can I Prevent the Spread of the Flu?

GET THE FLU VACCINE!

- **LIMIT CONTACT** with sick people
- **TAKE THE MEDS** that your doctor gives you
- **STAY HOME** for at least 24h after fever is gone
- **DON'T TOUCH!**—your eyes, nose or mouth!
- **COVER!** Use tissues to cover your cough and sneeze. If you don't have tissues, sneeze into your upper sleeve or elbow
- **WASH!** Your hands with soap and water or an alcohol-based hand rub
- **CLEAN IT UP!** Wipe all surfaces with a disinfectant!



For more information, visit:

www.cdc.gov/flu

PAY ATTENTION TO YOUR PUBLIC HEALTH OFFICIALS!

Listen to advice and information shared on the

Website: www.cattco.org/health **OR** Media: newspaper, radio or TV

Use the [Flu Vaccine Finder](#) to find a location near you!

In Cattaraugus County, contact the [Health Department Clinic](#) for FLU vaccine information:

716-701-3422



www.nysacho.org

**County
Health Officials
of New York**

02.13.2018