

If you have any questions, please call your Nurse Care Manager at 1-800-832-0778.



We're here to help!



**POSITIVE  
HEALTHCARE**

24 Hour Customer  
Service Line:  
1-800-832-0778



**POSITIVE  
HEALTHCARE**

**THE FLU**

**Key Facts and  
Information**

## What is the flu?

Influenza ("the flu") is an infection of the respiratory tract. The flu virus appears every fall as the weather gets cold. It lasts until the springtime.

## What are the symptoms of the flu?

Typical flu symptoms are:

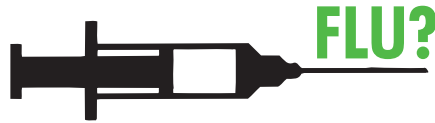
- High fever (over 100-degrees)
- Cough
- Sore throat
- Runny or stuffy nose
- Headache and muscle aches
- Extreme fatigue

It's sometimes hard to tell the difference between a cold and the flu. A cold usually won't produce a high fever and muscle aches like the flu does. Another sign of the flu is the way it "knocks you off your feet" as it sweeps through entire communities.

## Is the flu serious?

Most people who get the flu recover in 1 or 2 weeks. But some people develop serious complications, like pneumonia. This is especially true for elderly people and people with health problems like HIV.

The flu causes 20,000 deaths and 100,000 hospital stays a year.



## Why should I get a flu shot?

The best way to prevent the flu or lessen its effects is to get a flu shot. The flu shot is a safe and effective vaccine. A flu shot will not cause you to get the flu. The most common side effect of getting a flu shot is soreness where the injection was given. This soreness is usually mild and does not last more than 2 days.

## When should I get a flu shot?

The best time to get a flu shot is at the beginning of the flu season. That's from October to mid November. You should get a new flu shot every year.

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NOVEMBER						
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28	29	30				

## Who shouldn't get a flu shot?

The flu shot is not recommended for:

- People with allergic reactions to chicken eggs
- People who have had a previous reaction to a flu shot
- People who have an illness and fever that progress quickly

It's always best to check with your doctor before getting a flu shot.