

Who Should Be Vaccinated?

Persons that are at highest risk for serious or life-threatening illness from the flu:

- Children aged 6-23 months
- Adults aged 65 years & older
- Persons aged 2-64 years with a chronic medical condition
- Pregnant women
- Nursing home residents
- Children 6 months-18 years on chronic aspirin therapy
- Health care workers
- Caregivers and household contacts of infants less than 6 months old

If you are identified to be at high risk, please contact your Health Care Provider to see if the vaccine is available



Vaccination is Not the Only Way to Help Prevent the Flu!

This 2006-2007 flu season Tehama County's Health-Care Providers and Public Health should have an adequate supply of flu vaccine.

It is important for all of us to work together to protect ourselves and our loved ones during this flu season.

**Tehama County Health Services Agency
Public Health Division**

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Public Health
Division

What You Can Do To Prevent The Flu



**Tehama County
Health Services Agency
Public Health Division
Tel: 530-527-6824**

Is it a Cold or the Flu?

Flu Symptoms:

Fever — usually 102°F or higher and lasts for 3-4 days

Headache — sudden onset and severe

Muscle aches — common and severe

Tiredness/weakness — can last for 2 weeks

Exhaustion — sudden onset and severe

Runny nose — sometimes

Sneezing — sometimes

Sore throat — sometimes

Cough — usually, and can be severe

Cold Symptoms:

Fever — rare in adults and older children, common in infants and small children

Headache — rare

Muscle aches — mild

Tiredness/weakness — mild

Exhaustion — never

Runny nose — often

Sneezing — often

Sore throat — often

Cough — mild, hacking cough

PREVENTION

Avoid close contact-with people who are sick

Stay home when you are sick-to help prevent others from catching your illness

Cover your mouth and nose-with a tissue when sneezing or coughing

Avoid touching your eyes, nose & mouth-to prevent infection

Wash your hands thoroughly

- Use soap & running water or an alcohol-based hand sanitizer
- Rub hands vigorously
- Wash all surfaces
- Rinse well
- Dry hands with a paper towel
- At work, or in public, use a paper towel to turn off faucets

Get plenty of rest

Participate in daily exercise

Eat a well-balanced diet

Reduce stress

Decrease alcohol beverages

Avoid or decrease tobacco use

Flu Medications

There are four Antiviral medications approved for the treatment of the flu.

All of these drugs must be prescribed by a doctor and taken for 5 days.

They must be taken within 2 days of being sick to be effective in reducing the symptoms and duration of the flu. They also can make you less contagious to others.

Antiviral drugs are effective only against influenza viruses; they will not help with the common cold or other viruses.

None of these antivirals are approved for use in children less than 1 year old.

People at high risk for complications from the flu include:

- People 65 years of age and older
- Children 6-23 months of age
- People with a chronic disease
- Pregnant women

*It's important to remember that most healthy people recover from the flu without complications.



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