








December - February is the peak of Flu Season. Know your facts & get a flu shot in order to protect yourself and others this flu season.

Influenza (the flu) is a contagious respiratory illness that can be a serious and in extreme cases leads to hospitalization. Anyone can get sick from the flu, even those who are otherwise healthy, and those who have the flu can spread it to others even when they don't feel sick.

FLU SYMPTOMS

Unlike the common cold, flu symptoms are more severe and usually come on quickly.

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| <p>1  cough</p> <p>2  sore throat</p> | <p>3  headaches and muscle or body aches</p> <p>4  fatigue
<i>(tiredness)</i></p> | <p>5  fever* or feeling feverish/chills</p> <p><i>* not everyone with flu will have a fever</i></p> |
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FLU PREVENTION

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| <p>1  get vaccinated
<i>the flu shot is your best defense against the virus!</i></p> <p>2  wash your hands regularly</p> | <p>3  avoid contact with sick people</p> <p>4  if you are sick, stay home and rest!</p> | <p>5  keep your instruments clean & disinfected</p> |
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FLU FACTS

51% of food service workers in 2014 said they would show up for work even if they felt sick

more than 5 million people in the US catch the flu in an average year



LOCAL EVENT!



[The New Orleans Musicians' Clinic](#) and [Tales of the Cocktail](#) present the [second annual Shots 4 Shots](#), a free flu shot drive for musicians, performers and service industry workers.

Cultural workers are at a greater risk for contracting the flu due to frequent contact with the public. Furthermore, they are often uninsured and rarely have access to paid sick leave.

Join us as we aim to provide over 200 immunizations to New Orleans' musicians and service workers. Event will feature live music, pie throwing, raffle, on-site health coverage enrollment, and FUN!

NOVEMBER 29, 2016

12 PM - 4 PM

[D.B.A. NEW ORLEANS \(618 FRENCHMEN ST.\)](#)

QUESTIONS OR RSVP:

GOODHEALTH@NOMAF.ORG

Flu shots generously provided by [WALGREENS](#)

Sign Up Here to Receive a Free Flu Shot

