

# FLU & PREVENTION



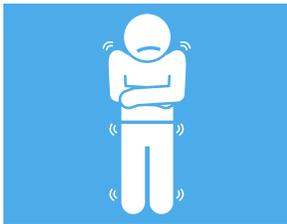
Every year, the flu causes widespread illness and in extreme cases hospitalization and even death. Getting the flu could mean weeks of sickness and missed gigs. Protect yourself by getting a seasonal flu shot (usually around October).

The flu vaccine (an annual flu shot) is the best way to protect against the virus. Anyone 6 months of age or older should get vaccinated. If you have a pre-existing medical condition (eg. Asthma, Diabetes, Heart Disease, etc.), are pregnant, or are 65 years of age and older, you are at a high risk of developing flu related complications.

Make an appointment at the NOMC today or use this convenient [Vaccine Finder map](#) to see where flu shots are available in your area.

## FLU SYMPTOMS

Influenza (the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:



FEVER\* OR FEELING  
FEVERISH/CHILLS



COUGH



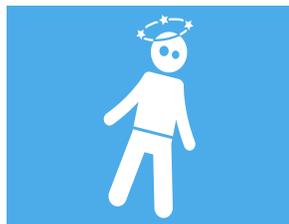
SORE THROAT



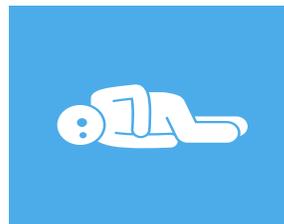
RUNNY OR STUFFY  
NOSE



MUSCLE OR BODY  
ACHES



HEADACHES



FATIGUE  
(TIREDNESS)



VOMITING & DIARRHEA  
*(more common in children  
than adults)*

\* It's important to note that not everyone with flu will have a fever.

**MAKE AN APPOINTMENT TO COME IN TO  
THE NOMC IMMEDIATELY IF YOU SUSPECT  
YOU MAY HAVE THE FLU.**

## TIPS FOR STAYING HEALTHY THIS FLU SEASON



Try to avoid close contact with sick people.



Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.



While sick, limit contact with others as much as possible to keep from infecting them.



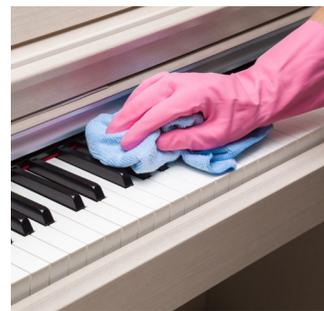
If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)



Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use.



Avoid touching your eyes, nose and mouth. Germs spread this way.



Keep your instruments clean and disinfected.



Add hand sanitizer to your gig prep routine



Clean and disinfect surfaces and objects that may be contaminated with germs.



Get a Flu Shot!

For more specific details on this year's virus' visit:  
[www.cdc.gov/flu](http://www.cdc.gov/flu)