

PREVENTION WEDNESDAY

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City of Baltimore

Health Department

Mayor Sheila Dixon

It's Flu Season

Did You Know?

- Influenza is a contagious viral illness that causes an average of 226,000 hospitalizations and 36,000 deaths each year in the United States.
- Vaccination helps prevent the spread of flu and lessens the severity of symptoms.
- Symptoms of flu include fever, cough, body aches, fatigue, and difficulty breathing.

Prevention TIPS:

Tip 1 Get the flu vaccine every year.

- Call 311 or 410-396-4454 or go to www.baltimorehealth.org/flu for more information on when and where.
- Any person older than 6 months can get the flu vaccine this year.

Tip 2 Wash your hands often and well.

- Wash your hands after a cough or sneeze, after using the bathroom, before eating and after contact with someone who is ill.
- Using soap and water, wash for at least 20 seconds and dry with a clean towel or paper towel; or use an alcohol-based sanitizer, rubbing until hands are dry.

Tip 3 Cough and sneeze into a sleeve or tissue.

- Remember to wash your hands.

Tip 4 Keep hands away from mouth, nose or eyes.

- Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

Tip 5 Stay home when sick, especially if you have a fever or cough.

Baltimore's Flu Plan

Learn more about preventing the flu this year!

Call 410-396-4387 for free flu cards that you can distribute in your school, clinic or office.

Or, log on to www.baltimorehealth.org/flu for more information.

It's not too late to get the flu vaccine!

Resources and References

American Lung Association. Flu clinic locator.

<http://www.lungusa.org/site/pp.aspx?c=aqKGLXOAIH&b=1015035>

Baltimore City Health Department. Seasonal flu.

<http://www.baltimorehealth.org/flu>

Baltimore City Health Department. Flu surveillance reports.

<http://www.baltimorehealth.org/flusurveillance.htm/>

Centers for Disease Control and Prevention. Key facts about seasonal flu vaccine.

<http://www.cdc.gov/flu/protect/keyfacts.htm>