

UNITE TO FIGHT THE FLU

GET YOUR SHOT - PREVENT THE FLU

OTHER HABITS FOR GOOD HEALTH

The following steps may help prevent the spread of respiratory illnesses.

- Avoid close contact
- Stay home when you are sick
- Cover your mouth and nose
- Clean your hands
- Avoid touching your eyes, nose or mouth



For more information contact:
Marcy Hamblin
Infection Prevention Specialist
(520) 562-3321 Ext. 1556

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WHAT ARE THE EMERGENCY WARNING SIGNS OF FLU SICKNESS?

In children

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In addition to the signs above, get medical help right away for any infant who has any of these signs:

- Unable to eat
- Trouble breathing
- No tears when crying
- Significantly fewer wet diapers than normal

In adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and worse cough

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