

GET THE FACTS ON THE FLU

1 WHAT IS THE FLU?

The flu is a contagious respiratory illness that is caused by a virus. Symptoms can be mild to severe, and can result in hospitalization or death. Although the flu virus can be detected year-round, it is most common in the fall and winter months.

**CAN TAKE
1-2 WEEKS
TO GET
COMPLETELY
BETTER**

2 WHAT ARE THE SYMPTOMS?

- Fever
- Body Aches
- Headache
- Dry Cough
- Sore/Dry Throat
- Tiredness/Loss of Appetite



**SYMPTOMS
ARE USUALLY
WORSE FOR
THE FIRST
3-4 DAYS**



3 HOW DOES THE FLU SPREAD?

- The flu is spread from person to person up to 6 feet away through droplets when coughing, sneezing, or talking
- The virus can live on hard surfaces for 24 hours
- People who have the flu are contagious for a day prior to symptoms developing and up to 5-7 days after becoming sick

4 HOW CAN YOU PROTECT YOURSELF?

- Get the flu vaccine
- If you do get the flu after having the vaccine your symptoms will be milder
- Wash your hands
- Avoid close contact with people who are sick
- Cover your mouth and nose with a tissue when coughing or sneezing
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect surfaces and objects that may be contaminated with germs
- Limit contact with others if you become ill
- If you do get the flu, stay home until you are symptom free for at least 24 hours (except to seek medical care)



At Memorial Healthcare, the safety of our patients, employees, medical staff, volunteers, and visitors is our number one priority.

During flu season Memorial Healthcare implements visitor restrictions, typically beginning in November or December and lasting through January or February (this varies based on severity of the flu season). The restrictions are put in to place to protect the visitors from germs within the hospital, and to help keep germs from being brought into the hospital. The restrictions, when in effect, will limit children 12 years of age and younger from visiting, and any visitor experiencing respiratory symptoms – unless here for a service.

If you haven't gotten your flu vaccine now is the time! Contact your primary care provider to schedule an appointment or you can receive a vaccine at a local pharmacy. For more information, visit www.MemorialHealthcare.org.