

FLU SEASON

Many people become anxious during flu season and fear getting influenza. We see that a number of people die every year from the flu. It is important to know the symptoms and what you can do to stay healthy.

If you or anyone in your family have the symptoms listed on this page and suspect you have the flu, please see your doctor! Your doctor can determine if this is influenza and then prescribe a treatment, if needed.

Always call your health care provider when in doubt.

Who is at higher risk for getting the flu?

- ◆ *Young children*
- ◆ *Adults age 65 and over*
- ◆ *Pregnant women*
- ◆ *Others with certain medical conditions like diabetes, asthma, heart disease and lung disease*

What can you do?

- * Proper and frequent handwashing, with soap and water, to help stop the spread of infection
- * Cover coughs
- * Cover sneezes
- * Wash your hands after coughing and/or sneezing
- * Stock up on tissues; Throw used tissues in the trash
- * Clean and disinfect surfaces and objects that may be contaminated with germs (remote control, door knobs, phones, key boards, refrigerator door handle, garage door openers, sink and cabinet handles)
- * Try to avoid contact with sick people
- * If you are sick, stay home. Don't infect others.
- * Get a flu shot as soon as it becomes available



Do you know the symptoms of the flu?

You may experience all or some of these:

- ◆ Cough
- ◆ Sore throat
- ◆ Fever
- ◆ Chills
- ◆ Headache
- ◆ Runny nose
- ◆ Stuffy nose
- ◆ Difficulty breathing or shortness of breath
- ◆ Muscle and body aches
- ◆ Tiredness and fatigue
- ◆ Sometimes vomiting and diarrhea



For additional information please contact:

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How long should I stay home if I am sick with the flu?

The Center for Disease Control recommends you stay home for at least twenty-four (24) hours after your fever is gone. You should stay home from your job, school, travel, shopping, parties and other social engagements, and public events. Stick to your regular meal pattern and drink enough fluids. You may want to have some of these food on hand: popsicles, clear sports drinks, soup, clear broth, fruit juices, crackers, dry toast, cooked cereals and jello/gelatin. Always follow your physician's recommendations.

***“Protect yourself from the flu!
The flu is no joke.”***

Stay healthy this flu season. Take care of yourself. Always eat properly following MyPlate guidelines, get your annual physical, get enough sleep, stay hydrated, control stress levels and get regular exercise.



For more information:

UF/IFAS Extension Broward County <http://sfyl.ifas.ufl.edu/broward/family-and-consumer-sciences/>

UF/IFAS Extension SolutionsForYourLife.com

UF/IFAS Extension Broward County Blog articles <http://blogs.ifas.ufl.edu/browardco/>

FLU: What to Do if You Get Sick/UF Student Health Care Center
<https://shcc.ufl.edu/services/primary-care/flu/what-to-do-if-you-get-sick/>

Department of Health and Human Services
www.flu.gov

Centers for Disease Control and Prevention
www.cdc.gov/flu

Centers for Disease Control and Prevention (Spanish)
[Http://espanol.cdc.gov/enes/flu/](http://espanol.cdc.gov/enes/flu/)

National Institutes of Health (NIH)
<https://newsinhealth.nih.gov/2014/10/cold-flu-or-allergy>

Choose MyPlate
<https://www.choosemyplate.gov/>



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