



**Health Department**

## Clinic Information and Hours

### Corvallis

(541) 766-6835  
530 NW 27<sup>th</sup> Street  
M,T,Th,F 8am-12pm & 1pm-5pm  
W 10am-7pm

### Lincoln Health Center, Corvallis

(541) 766-3546  
110 SE Alexander Avenue  
M – F 10am – 12pm

### Monroe Clinic

(541) 847-5143  
Monroe Middle School  
600 Dragon Drive  
M and Th 9am – 4:30 pm

# Preventing the Flu

Information to help you protect your family



## Flu Facts

### 1 to 4 Days:

The time it takes to get sick with flu after you get the virus in your body.



**October to March:** Flu season, but people can get the flu at any time



Flu can be a **serious** illness, especially for the very young or very old

## Influenza (The Flu)

Influenza is a contagious respiratory disease that can be prevented by immunization. It is not the “stomach flu.” A virus that attacks the nose, throat, and lungs causes it.



## Are children at high risk for complications of influenza?

- Most children who are healthy can weather the flu, even with a high fever. But that's not always true for the infants less than 2 years of age and those with chronic conditions.
- Unfortunately, there are serious complications of the flu and flu-related deaths every year. Serious complications of influenza occur most often in the elderly, young infants, and people – including children – with chronic health conditions such as asthma, diabetes, or cancer.

## What about antiviral medicines?

- Antiviral medicines are available to help contain influenza outbreaks in settings such as nursing homes or to protect a high-risk person who is in direct contact with someone who has influenza.
- Supplies of antivirals are limited and are for use in people who are at high risk for complications of influenza.

Clean  
your  
Hands after coughing or sneezing.



Wash hands  
with soap and  
warm water

or  
clean with  
alcohol-based  
hand cleaner.



## What if you think your child has the flu?

- Keep your children home as long as they are ill and encourage others to do so as well.
- Give them rest and lots of fluids. This will help the body recover from the infection.
- Antibiotics will **not** help a person recover from the flu, because a virus, not bacteria, causes the flu.
- Call your health care provider about what to do if you are concerned or if symptoms are severe.
- Children often need help keeping their fever under control. Follow the doctor's instructions.

**Do not give aspirin to children.**

## You can find more information about the flu at the following websites

[www.cdc.gov/flu](http://www.cdc.gov/flu)  
[www.pandemicflu.gov](http://www.pandemicflu.gov)  
[www.hhs.gov/flu/](http://www.hhs.gov/flu/)

## What are the symptoms of influenza?

Influenza symptoms often appear quickly in the form of fever, dry cough, sore throat, headache, extreme tiredness, nasal congestion, and body aches. These symptoms can be severe and put you in bed for a number of days.

## How is the flu different from a cold?

A cold generally stays up in the head while the flu brings body aches, fever, and extreme fatigue. A child with a cold will usually keep up his or her normal activities. A child with the flu will often feel too sick to play.

## Should my child be vaccinated?

The flu shot is highly recommended for children over six months old. It protects them and others.

Any healthy child who gets the flu can spread it to others. If a person with medical complications gets the flu, he/ she is more likely to get very sick. Over 200,000 Americans are hospitalized with flu complications every year. Each year, at least 36,000 Americans die from the flu.

## What can you do to protect yourself and others?

### *Flu vaccine is the best protection.*

- The vaccine for flu is available from your doctor or health care clinic. To make an appointment at Benton Community Health Center call (541) 766-6835.
- **Stay at home from school or work if you have a respiratory infection.** Children can return to school when the symptoms are gone, with no fever for 24 hours without the help of fever-reducing medicines (brands like Datril, Tylenol, and Panadol).
- Avoid exposing yourself to others who are sick with a flu-like illness.
- Cover your nose and mouth with a tissue whenever you cough or sneeze. Throw the tissue away and wash your hands. Teach and remind your children to do this, too.

### **If you don't have a tissue, cough or sneeze into your sleeve.**

- Clean your hands often – with soap and water. If soap and water are not available, use an alcohol-based, waterless hand sanitizer.

- If you have an infant or a person over 65 in your household, don't expose him or her unnecessarily to large crowds when influenza is in your community.
- Avoid close contact with anyone who may have the flu (fever, muscle aches, runny nose, cough) or other respiratory infections.
- Do not share anything that goes into the mouth such as drinking cups and straws.
- Frequently clean commonly touched surfaces (door knob, refrigerator handle, phone, water faucets) if someone in the house has a cold or flu.

### **Do not smoke around children.**

