

3 Steps to Protect Your Family from Flu



1: Vaccinate



Flu vaccination is the best preventative measure you can take. The CDC recommends everyone 6 months and older should get a flu vaccine every season. Although the flu vaccine won't prevent every case of the flu, getting an annual vaccination is the best way to reduce your risk of serious illness.

2: Test



Get tested if you have symptoms. Even if you did get the flu vaccine, don't ignore symptoms and ask to get tested for flu. Flu symptoms can look like many other illnesses and testing is the only way to know for sure. Knowing which virus is making you sick allows your healthcare provider to give you the best treatment.

SYMPTOMS	FLU	COVID-19	STREP THROAT	RSV
Fever	•	•	•	•
Congestion or stuffy nose	•	•		
Runny nose	•	•		•
Sore throat	•	•	•	
Muscle pains	•	•		
Headache	•	•		
Coughing	•	•		•
Feeling tired	•	•		

3: Treat



Get treatment if you do test positive. Take antiviral medications if prescribed. Antiviral medications work best when started soon after flu symptoms begin to help prevent the risk of flu complications - including hospitalization and death.

Take the Flu Seriously

Amiah MorningStar Houseman's Story

The day after Easter Sunday, 2017, Amiah began feeling sick and developed a fever. Her mother took her to the ER right away, but they were sent home after she tested positive for influenza B. After being sick for nine days, she returned to the ER for the fourth time. At the hospital, the doctors realized that her illness was now affecting her kidneys. She was flown to a larger hospital in Sioux Falls and died just 12 hours later. Amiah had pneumonia and developed sepsis, brought on by the influenza B virus, that killed her.



Unfortunately, Amiah did not get a flu vaccine and that is something that her mother will question for the rest of her life.



To learn more about influenza and how flu has impacted many families like Amiah's, scan the QR code or visit: www.familiesfightingflu.org/family-stories

Vaccinate. Test. Treat.

WHEN TO BE ON THE LOOKOUT FOR RESPIRATORY INFECTIONS:

	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP
FLU	•	•	•	•	•	•	•	•				
COVID-19	<i>Timing of Covid-19 surges vary.</i>											
STREP THROAT			•	•	•	•	•					
RSV	•	•	•	•	•	•	•	•	•			

To learn more, visit www.familiesfightingflu.org

