

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 YANKTON SIOUX TRIBE

When Amiah began feeling sick and developed a fever her mother took her to the ER right away, but doctors sent her home after telling them that she likely had a viral infection.

After returning to the ER for a 3rd time, Amiah was finally tested and diagnosed with influenza B. However, at that point doctors told Amiah's mom that it was too late in the illness for antiviral medication to be effective.

On a 4th trip to 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 that year and that is something that her mother, Bethany, will question for the rest of her life. Bethany encourages everyone to get their annual flu **vaccine** and get **tested** for influenza at the first signs of the illness so that **treatment** can be started at an early stage.



Amiah MorningStar Houseman



To watch a video of Bethany tell Amiah's story, scan the QR code or visit:
www.familiesfightingflu.org/the-drapeau-family



Bethany,
mother of Amiah

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 | Timing of Covid-19 surges vary. | | | | | | | | | | | |
| STREP THROAT | | | • | • | • | • | • | | | | | |
| RSV | • | • | • | • | • | • | • | • | • | | | |



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