

# FACTS TO HELP YOU FIGHT THE FLU

## WHAT ELSE CAN I DO TO STAY HEALTHY?

Just as you would to prevent  
COVID-19 (coronavirus):



Wash your  
hands regularly



Stay home if  
you're sick



Wear a mask  
in public



Practice social  
distancing



Cover your coughs  
and sneezes with  
a tissue or your  
elbow

**Influenza (flu) is a respiratory illness** that is spread from one person to another. It can cause mild symptoms, which are treatable at home, or more severe ones that may require hospitalization. Symptoms can develop in just two days.

## What are typical flu symptoms?

- Fatigue (tiredness)
- Muscle or body aches
- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Headaches
- Vomiting or diarrhea
- Shortness of breath

Many of the symptoms of the flu and COVID-19 are similar. Getting tested for COVID is the best way to know which virus you have.

## Why should I get the flu vaccine?

Even if you're healthy, the vaccine is the best way to fight the flu. Everyone 6 months and older should get it. It's especially important for those 65 and older, pregnant women, young children, and those with underlying medical conditions (like asthma, cancer, diabetes, and heart/lung disease) to get a flu vaccine. Until you do, you have a greater chance of getting the flu and giving it to others. The vaccine helps lower your chance of flu sickness, hospitalization, or death by about 50%, according to the Centers for Disease Control and Prevention.

## When and where should I get it?

Ideally, by the end of October, but it's still effective if you get it in November, December, or later. Vaccines are available from your health care provider, pharmacies, and a DPH clinic (if uninsured) — or to find a free community flu clinic, **visit [flu.delaware.gov](http://flu.delaware.gov)**.

## Will the flu vaccine help prevent COVID-19?

No, but getting the flu vaccine can help you avoid the flu and stay healthier. And it can free up health care workers, supplies, and resources in Delaware's fight against COVID-19.

## What else do I need to know?

Flu vaccines are safe. You can't get the flu from the flu vaccine. The best way to treat the flu is with plenty of rest, water or other clear liquids, and over-the-counter medicines. Call your health care provider to see if you need antiviral medication, or go to an urgent care center if you get really sick.

