

2010 FLU SEASON INFORMATION

Getting the flu vaccine is the single best way to protect against the flu. Last year, thousands of Virginians protected themselves and their loved ones with an H1N1 vaccination. Everyone over the age of six months should be vaccinated as the flu season approaches. Even healthy people can get the flu and it can be serious. Getting the flu vaccine could keep you from losing valuable time from work, your child from missing valuable time from school, and could even save your life.

To learn more about being vaccinated, check with the Portsmouth Health Department (393-8585), your doctor, or your pharmacy.

Who Should Get the Seasonal Flu Vaccine?

Everyone! For the first time, all people 6 months and older are recommended for annual flu vaccination.

What are symptoms of the flu?

- Fever or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting and diarrhea, though this is more common in children than adults.

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

- Stay home if you are ill and keep your child home from school if they are ill.
- Rest and drink lots of fluids.
- Antibiotics will not help a person recover from the flu, because flu is caused by a virus, not by bacteria.
- Children often need help keeping their fever under control. Follow your child's doctor's instructions.
- Take your child to the doctor or the emergency room if he or she:
 - Breathes rapidly or with difficulty
 - Has bluish skin color
 - Does not drink enough and becomes dehydrated
 - Does not wake up or interact with others
 - Is so irritable that he or she doesn't want to be held, or
 - Gets better only to become sick again, with fever and a more severe cough
- If you are concerned that something does not seem right with your child, call your doctor.