**THE FLU VACCINE CAN SAVE YOUR LIFE!**

**The Influenza Virus Enters Your Body Through Your:**
- Eyes
- Nose
- Mouth

**It's Highly Contagious!**
- You can catch it from infected people who cough, sneeze, or even just talk around you.
- The flu virus attacks the lungs & can cause death, especially for those over 65 or those people with chronic conditions.

**Defend Yourself!**
- Lower your chance of getting the flu or of getting severely sick from it.
- Get your flu shot every year.
- Stay home if you suspect you are sick.
- Practice cough & sneeze etiquette.
- Eat healthy foods, especially if you are over 65, living or working in care facilities or are living with chronic conditions, cancer or heart disease.
- Drink plenty of fluids, especially water.
- Exercise & do hobbies, it lowers stress levels.
- Wear masks over your nose and mouth, even if you have a mask on.

**MYTH DEBUNKED:**
- The flu vaccine does not give you the flu, nor does it increase your risk for getting sick with other respiratory illnesses like COVID-19.

**HCSEF**
- Health Council of Southeast Florida

**Lake Okeechobee Rural Health Network, Inc.**

**Palm Beach County Community Services**
- Helping People Build Better Communities

**Palm Beach County Florida**
PREVENT GETTING COVID-19 & FLU

GET TESTED
IF YOU SUSPECT YOU MIGHT HAVE FLU OR COVID-19

ENTER YOUR BODY THROUGH YOUR EYES, NOSE OR MOUTH.

ATTACK THE LUNGS & CAN CAUSE DEATH, ESPECIALLY FOR THOSE OVER 65, PEOPLE WITH CHRONIC CONDITIONS OR ARE CHILDREN

ARE HIGHLY CONTAGIOUS

CAN HAVE LONG-TERM EFFECTS SUCH AS KIDNEY, LUNG, LIVER & HEART DAMAGE OR DIABETES

YOU CAN CATCH BOTH AT THE SAME TIME!

FLU VACCINES
LOWER YOUR CHANCE OF GETTING THE FLU OR OF GETTING SEVERELY SICK FROM IT

GET VACCINATED!
ESPECIALLY IF YOU ARE OVER 65, LIVING/WORKING IN CARE FACILITIES OR ARE LIVING WITH CHRONIC CONDITIONS, CANCER OR HEART DISEASE

IF YOU HAVE A FEVER OR HAVE HAD AN ALLERGIC REACTION TO THE FLU VACCINE IN THE PAST, YOU SHOULD NOT GET ONE

PREVENTION IS BETTER THAN TREATMENT

WEAR MASKS OVER YOUR NOSE AND MOUTH

PRACTICE COUGH & SNEEZE ETIQUETTE

KEEP YOUR IMMUNE SYSTEM STRONG

EXERCISE

GOOD NUTRITION

SLEEP

PRACTICE GOOD HAND HYGIENE

DIFFERENT SYMPTOMS

FEVER/CHILLS

HEADACHES

BODY ACHES/MUSCLE PAIN

FATIGUE

VOMITING & DIARRHEA

SORE THROAT

COUGH

FLU

COVID-19

DIFFERENT SYMPTOMS

DRY COUGH

HICCUPS

DIFFICULTY BREATHING

LOSS OF TASTE

LOSS OF SMELL

SIMILAR SYMPTOMS:

COUGH

FEVER/CHILLS

HEADACHES

BODY ACHES/MUSCLE PAIN

FATIGUE

VOMITING & DIARRHEA

SORE THROAT

Palm Beach County COMMUNITY SERVICES

HELPING PEOPLE BUILD BETTER COMMUNITIES

SeeYourNeeds.com