


DO YOU *KNOW* the Flu?

Here are three steps to take to help keep your family healthy this flu season . . .



The Flu is NO Fun

Know the Facts



Flu is a highly-contagious disease that easily spreads via droplets created when someone coughs, sneezes, or talks.



Children have the highest rate of infection due to flu.



In the U.S., more than 1,350 children have died due to the flu between 2004-2016.^{1,2,3} Historically, 80-85% of flu deaths are in unvaccinated children.



Have a Flu Vaccination Game Plan



Annual flu vaccination for everyone 6 months of age and older is the best way to protect against the flu.



Make getting your annual flu vaccination a FUN, family activity.

HERE'S HOW:

#1 Get your family vaccinated... **TOGETHER.**

#2 Afterwards, enjoy a family activity, such as going to the movies or to your favorite restaurant.



Practice Healthy Habits, too



In addition to an annual flu vaccination, it's also important to remember to:

- Wash hands often
- Stay home if you don't feel well
- Avoid touching your eyes, nose, or mouth - germs spread this way
- Cough into elbows, not hands to avoid sharing germs
- Clean and disinfect surfaces at home, work, or school, especially when someone is sick



Getting your annual flu vaccination and practicing healthy habits protects you **AND** everyone around you, too!

Remember: It's Not '*JUST*' the Flu – It's a Serious Disease!

For more information visit: www.familiesfightingflu.org
or follow us on Twitter: @famfightflu

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1. FluView: Influenza Associated Pediatric Mortality 2004-2008. Available at: <http://gis.cdc.gov/GRAASP/FluView/PedFluDeaths.html>. Accessed November 8, 2016.
2. FluView: Influenza Associated Pediatric Mortality 2008-2012. Available at: <http://gis.cdc.gov/GRAASP/FluView/PedFluDeaths.html>. Accessed November 8, 2016.
3. FluView: Influenza Associated Pediatric Mortality 2012-2016. Available at: <http://gis.cdc.gov/GRAASP/FluView/PedFluDeaths.html>. Accessed November 8, 2016.

