

WJUSD
Teen **BE SMART** Fact Sheet



Knowing the Facts = **SMART CHOICES**

The Flu (Influenza)



Influenza or flu season is here and we all need to **BE SMART** about addressing it. Influenza can be a serious illness, accounting for more than 200,000 hospitalizations and 36,000 deaths per year in the United States. The flu is very contagious, making us all at risk. Here are some facts about the flu and steps to take to reduce your risk.

Influenza season in our area generally is from **DECEMBER** through **MARCH**

Symptoms of the flu (influenza)

- High Fever & Muscle Aches
- Cough & Congestion
- Headache & Fatigue



MYTH: Only OLD people get the flu
FACT: Anyone, at any age can get the flu

MYTH: Getting the flu is no big deal, no worse than getting a cold
FACT: The symptoms of Influenza are significantly more serious than a cold

MYTH: You can get the flu from getting a flu shot

FACT: Flu shots do not contain any live virus, so it is impossible to get the flu from the shot. A flu shot will, however, offer protection against this serious illness.



HOW CAN I **BE SMART** AND AVOID GETTING THE FLU???????

DON'T SPREAD GERMS

- *Cover your mouth with a tissue when you cough or sneeze or cough into your arm
- *Don't eat or drink after your friends and family, especially if they are sick~don't share utensils or drink from the same cup
- *Stay away from people you know have the flu

GET A FLU SHOT

FLU SHOTS ARE AVAILABLE.
THE CDC (CENTER FOR DISEASE CONTROL) RECOMMENDS THAT ALL TEENS GET A FLU SHOT, ESPECIALLY IF YOU HAVE A CHRONIC ILLNESS SUCH AS ASTHMA



Scrub your hands vigorously with soap and water for at least 15 seconds and then rinse well under running water. If soap and water are not available, use alcohol based hand sanitizer. Squirt onto hands and rub vigorously until it dries.

How long do flu germs survive on surfaces such as desks and doorknobs???

The length of time flu germs can survive on surfaces varies greatly depending on the specific germ and type of surface. Some only live a few hours, but others can live up to 48 hours!