

Special Olympics  
**Health**  
MADE POSSIBLE BY FOUNDATION  
**Golisano**



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**#FIGHTFLU**  
**#INCLUSIVEHEALTH**



## WHAT IS FLU?

Flu is an illness that you can catch easily from others. The flu is caused by a set of viruses. The viruses infect the nose, throat, and sometimes the lungs. Flu can cause mild to severe illness. At times, it can lead to death.

**The best way to prevent flu is to get a flu vaccine each year.**

### HOW DOES IT SPREAD?



The air when someone with the flu coughs or sneezes

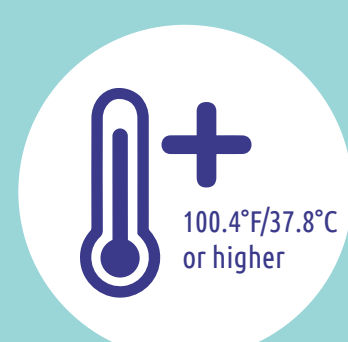


Tiny wet drops that spray out when a person who has flu coughs, sneezes or talks



Touching something, like an object or surface, with the virus on it. Then touching your mouth, nose, or eyes before you wash your hands

### SYMPTOMS



FEVER



COUGH



SORE THROAT



RUNNY OR STUFFY NOSE



MUSCLE PAIN



HEADACHE

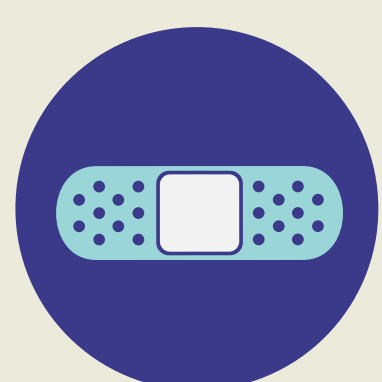


FATIGUE



## HOW TO PROTECT YOURSELF

Getting a flu vaccine this year is very important because of COVID-19. You can get COVID-19 and the flu at the same time. Many people who are at high risk for flu are also at high risk for COVID-19. Getting a flu vaccine is very important for people with high risk conditions. These conditions include long-lasting health conditions, obesity and heart disease. You are also at high risk if you are over the age of 65 or under the age of 5.



Get a vaccine every flu season.



Wash your hands often with soap and water for at least 20 seconds.



Cover your mouth and nose with a face covering/mask when around others.



Clean surfaces with disinfectant.



Stay home as much as possible. Always stay home when you are sick.



Practice social distancing. This means stay 6 feet (about 2 meters) away from others.



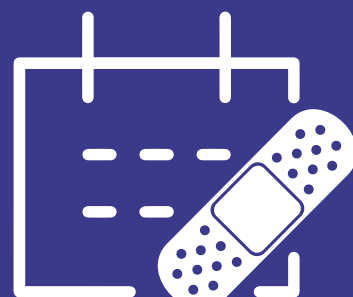
Don't touch your eyes, nose and mouth with unwashed hands.



Cover your nose and mouth when you sneeze or cough.

### WHEN TO GET VACCINATED

#### OCTOBER



- Get a flu vaccine before the flu spreads in your community.
- It takes about two weeks after you get the vaccine for it to protect you from the flu.
- If you haven't gotten your currently recommended doses of COVID-19 vaccine, including COVID-19 booster shot, get a COVID-19 vaccine as soon as you can, and ideally get a flu vaccine by the end of October.
- **CDC wants you to get a flu vaccine by the end of October including children 6 months and older.**



- Flu shots are offered at your doctor's office, drug stores and your health department.
- You CAN get a flu and COVID-19 vaccine during the same visit!
- Children 5 years and older can also get a flu and COVID-19 vaccine during the same visit!
- **The VaccineFinder can help you find where to get the flu and COVID-19 vaccines.**