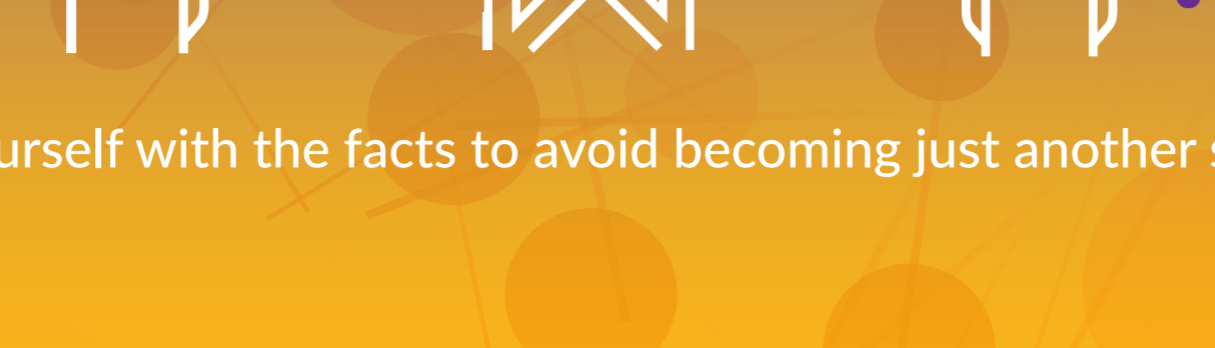


BE FLU-LESS NOT CLUELESS

by @FastMedClinics

DON'T GET DUPED BY THE FLU THIS SEASON



Arm yourself with the facts to avoid becoming just another statistic.

WHAT ARE THE ODDS?

The CDC estimates the flu is responsible each year for:



9.2M
ILLNESSES
every year

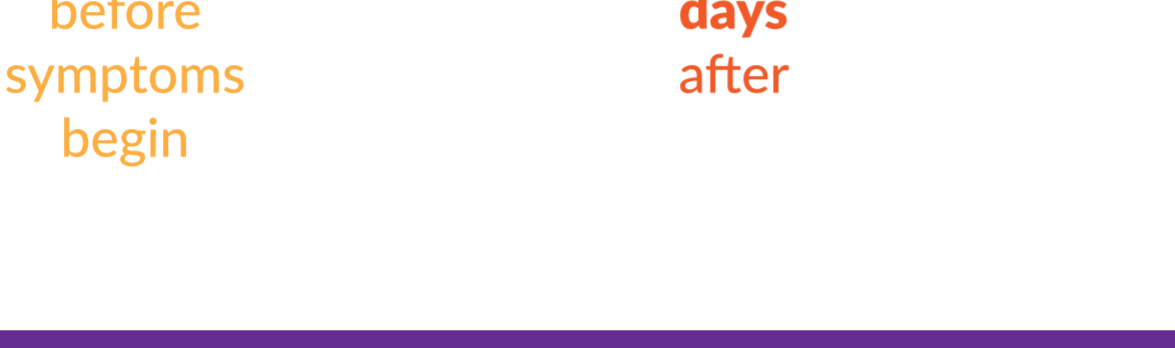
710K
HOSPITALIZATIONS
on average

56K
DEATHS
possibly

KEEP THOSE "ACHOOOS" TO YOURSELF.



The flu virus can infect others up to



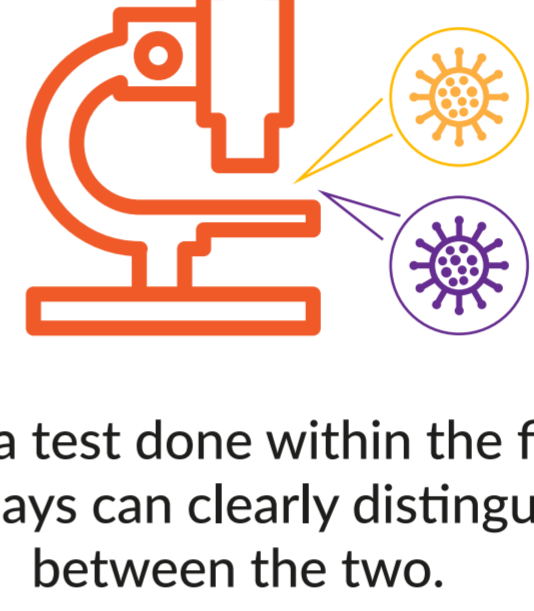
Avoid contact if you're infected—or with those infected until they've been fever-free for

24
HOURS
OR LONGER

COLD VS. FLU?



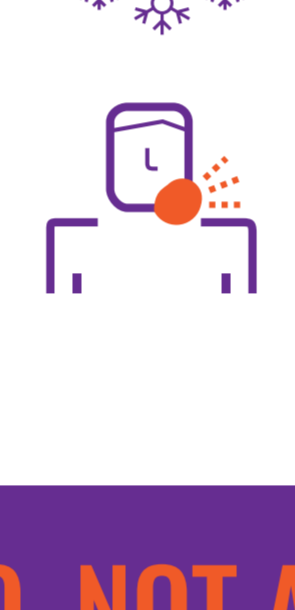
Tricky question, since the symptoms are nearly identical.



Only a test done within the first few days can clearly distinguish between the two.

KNOW YOUR FLU TYPE.

4 Of the DIFFERENT TYPES OF INFLUENZA, only three affect humans.

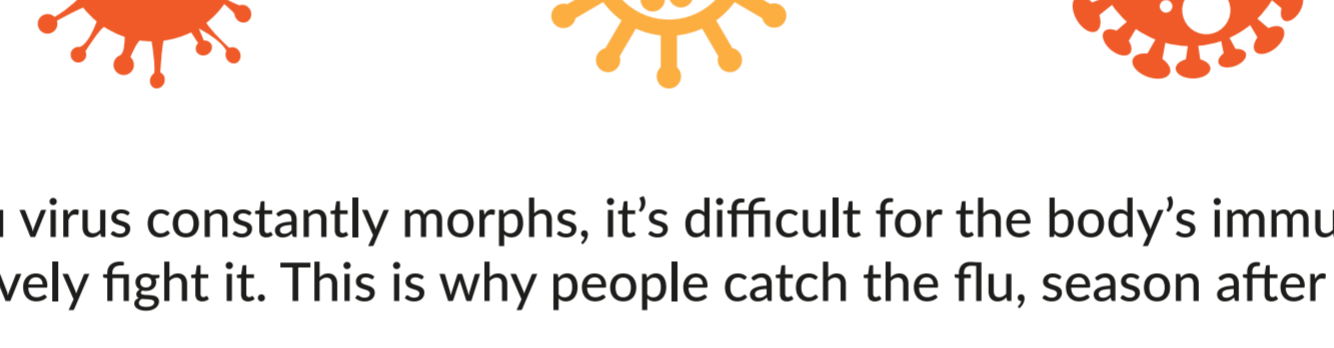


TYPES A AND B are responsible for those typical seasonal outbreaks.



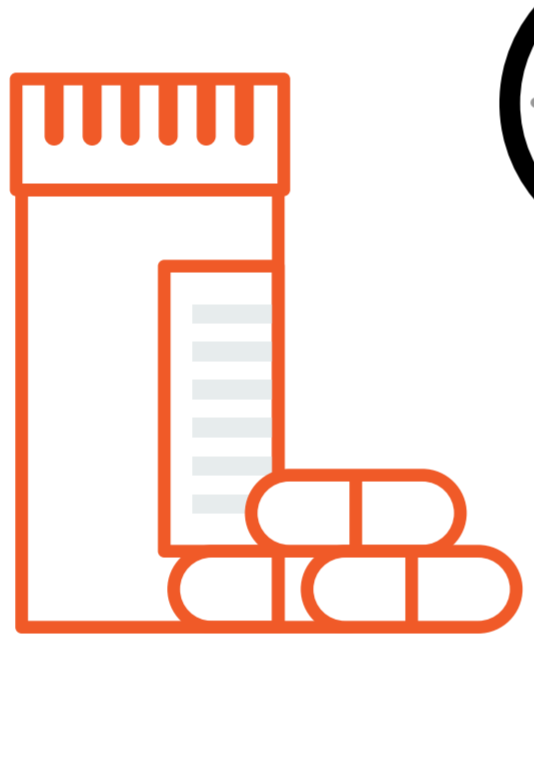
TYPE C causes a milder illness.

OH NO, NOT AGAIN!



Since the flu virus constantly morphs, it's difficult for the body's immune system to effectively fight it. This is why people catch the flu, season after season.

CAN'T TAKE IT? TAKE THIS.



A prescription antiviral medicine can reduce the flu's duration.

Unfortunately, it's only fully effective when taken

WITHIN A DAY OR TWO of symptom onset.

GIVE IT A SHOT.

A flu shot remains your best defense against the flu.

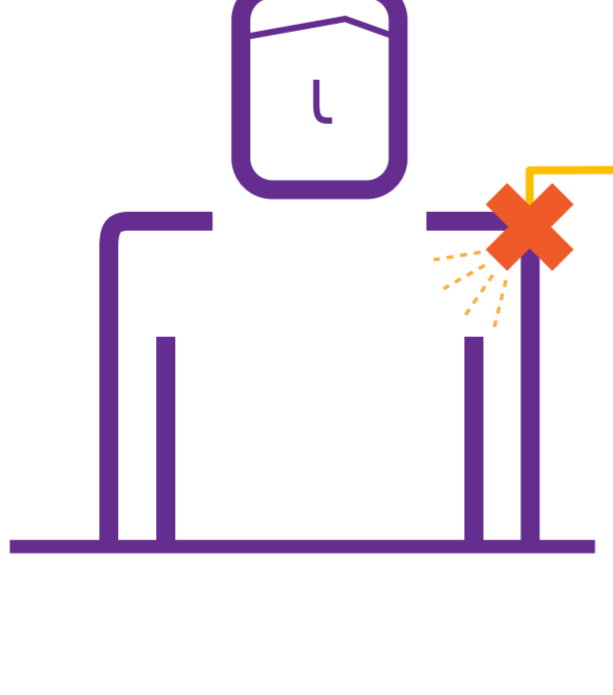
While only **60% EFFECTIVE** at totally preventing the flu,



it consistently **LESSENS THE DURATION AND SEVERITY** of the illness.

CAUSE AND EFFECT.

You can't get the flu from the weakened or inactivated virus in a flu shot.



AT WORST you may experience minor swelling, redness, and tenderness at the shot site, or low-grade fever, headache, and muscle aches afterward.

IT'S A MATTER OF TIME.

It takes up to **TWO WEEKS** for the flu shot to provide full protection.



GET VACCINATED BEFORE FLU SEASON BEGINS.

THE PRICE YOU'LL PAY.

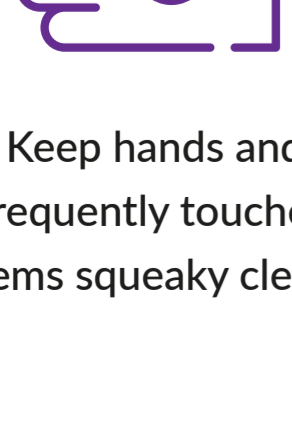


The typical flu shot costs **\$25 to \$80** without insurance.

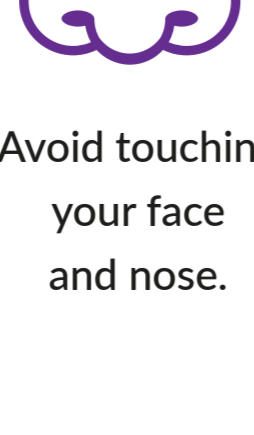
That's a small price for avoiding the flu all season long.

AN OUNCE OF PREVENTION

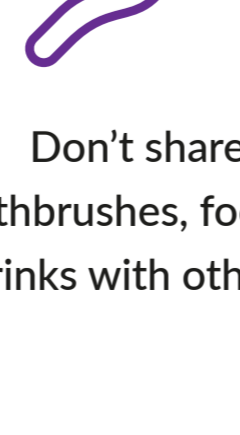
There may not be a cure for influenza, but there's plenty you can do to prevent it:



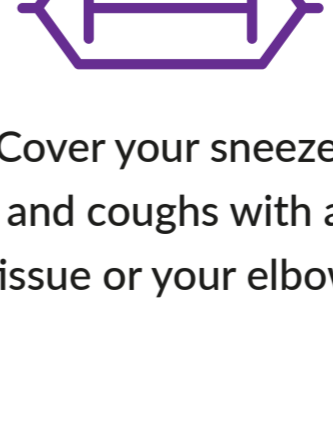
Keep hands and frequently touched items squeaky clean.



Avoid touching your face and nose.



Don't share toothbrushes, food, or drinks with others.



Cover your sneezes and coughs with a tissue or your elbow.



GET VACCINATED!

© 2017 FastMed Urgent Care

SOURCES: CENTERS FOR DISEASE CONTROL (CDC), U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (VACCINES.GOV), HEALTHYCHILDREN.GOV, SFCDC.PORG

FastMed.com
Twitter: @FastMedClinics

