

Talking Points for Seasonal Influenza

Select the points you will use based on the timing during flu season and reason for use:

- Flu is a virus that causes respiratory illness.
- Flu can cause mild to severe illness. Some of those who have the flu need hospital care.
- Flu kills thousands of people each year.
- People who are at higher risk of severe illness or death include children, adults over 65, pregnant women and those who have chronic medical conditions or weak immune systems.
- The flu vaccine is the best protection against flu. Go get vaccinated!
 - Vaccinations are recommended for every one 6 months of age and older.
 - It is especially important for children 6 months and older, pregnant women, those with chronic medical conditions or weak immune systems, adults over 65 years of age, and health care workers.
 - Flu vaccine is available from health care providers, local health departments and many pharmacies.
 - To find where you can find a flu vaccine visit www.flu.oregon.gov to use our vaccine locator or call 211 toll free.
- Other ways to help prevent flu:
 - Stay home and limit contact with others if you are sick, including staying home from work or school when you are sick.
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue out when you are done.
 - Wash hands with soap and water. Use an alcohol based hand rub if soap and water are not available.
 - Avoid touching your eyes, nose and mouth.
 - Clean and disinfect surfaces and objects that may have flu germs on them.
 - Avoid getting coughed and sneezed on.
- If you get sick, rest and get plenty of fluids. See a doctor if you are concerned about your illness; take antivirals if they are prescribed to you; and stay home.
- Seek urgent medical care for a child for flu if they show signs of severe illness. These signs include: fast or difficult breathing, skin that is bluish in color, rash, not drinking

enough fluids, not waking up or interacting, they are so irritable they do not want to be held, or they have flu-like symptoms that improve but return with a fever and worse cough.

- In addition to the signs above, get medical help right away for any infant who has any of these signs: they are not able to eat; have trouble breathing; have no tears when they cry or have a lot fewer wet diapers than usual.
- Seek urgent medical care for an adult who has the flu if: breathing is difficult or they have shortness of breath; they have pain or pressure in their chest or abdomen; they are vomiting; they have sudden dizziness; they are confused; or they have flu-like symptoms that improve but return with a fever and worse cough.



You can get this document in other languages, large print, braille or a format you prefer. Contact Accute and Communicable Disease Prevention at 971-673-1111 or email ohd.acdp@state.or.us. We accept all relay calls or you can dial 711.

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