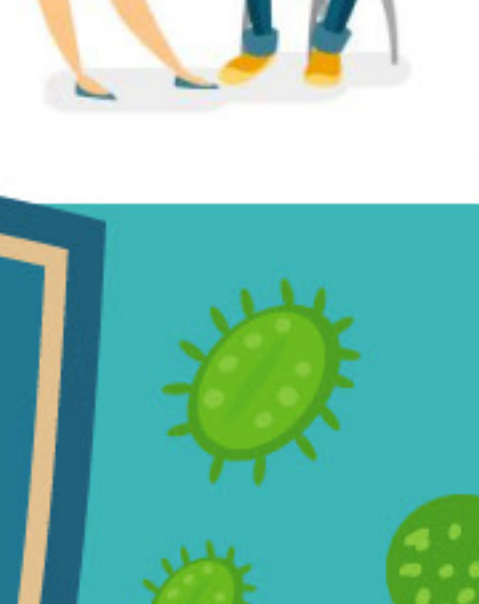


Flu Shots, Flu Symptoms & Treatments

tc

Flu shots are available in a few different types and specific types are better suited for different individuals.

Most are given with a needle in the arm, but alternative vaccinations are available in different areas for particular situations.



Flu shots are meant to protect against the strands of the flu that research has shown will be the most prevalent this year.



The CDC recommends that most individuals over the age of 6 months get a flu vaccine every fall

Higher-risk groups include

Young children | Individuals over the age of 65

Are pregnant | Have certain chronic illnesses

Flu vaccinations reduce the risk of contracting the flu by between 40% and 60%

when the vaccine is well-matched to the strands that are most common

The most common side effects of getting vaccinated for influenza include



soreness, tenderness, and redness at the injection site



muscle aches



headache



low fever



In some cases, severe reactions may occur

Such as an allergic reaction that brings about



weakness



hives



dizziness



breathing problems



a fast heartbeat

FLU SYMPTOMS

The flu usually results in a mild sickness but can sometimes cause a severe illness and hospitalization

Common flu symptoms include the following



Fever or feverish chills



Runny or stuffy nose



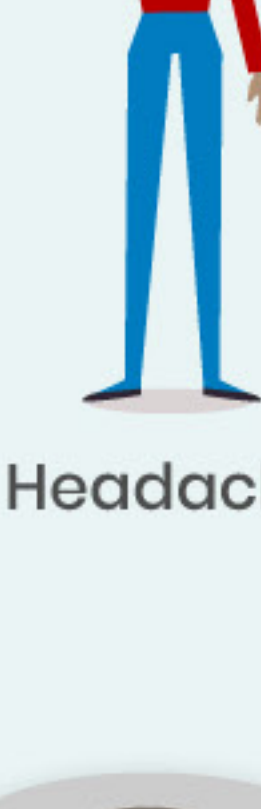
Sore throat



Body aches



Vomiting



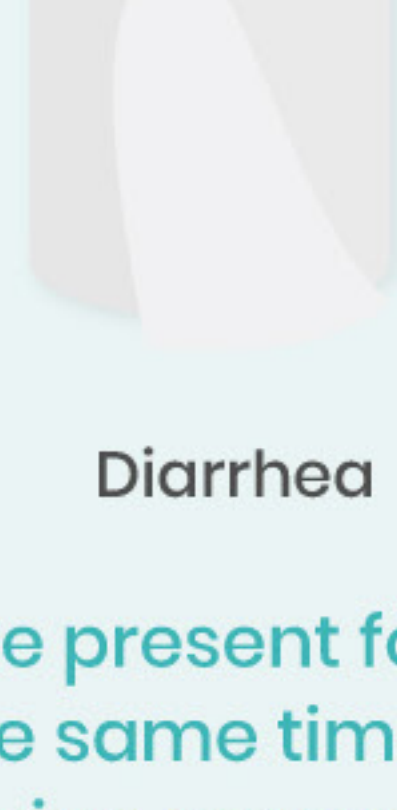
Headaches



Fatigue



Cough



Diarrhea

Not all of these symptoms must be present for an individual to have the flu. At the same time, some or all of these symptoms being present is not an absolute indicator of the flu.

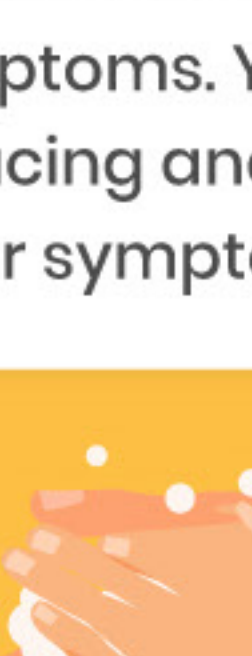
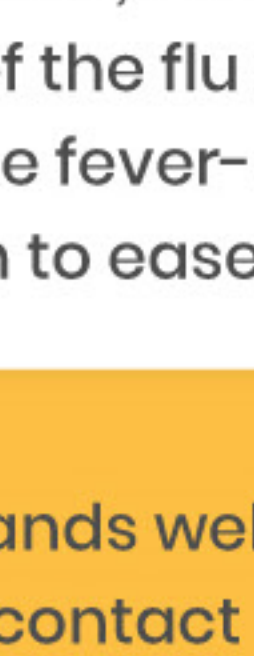
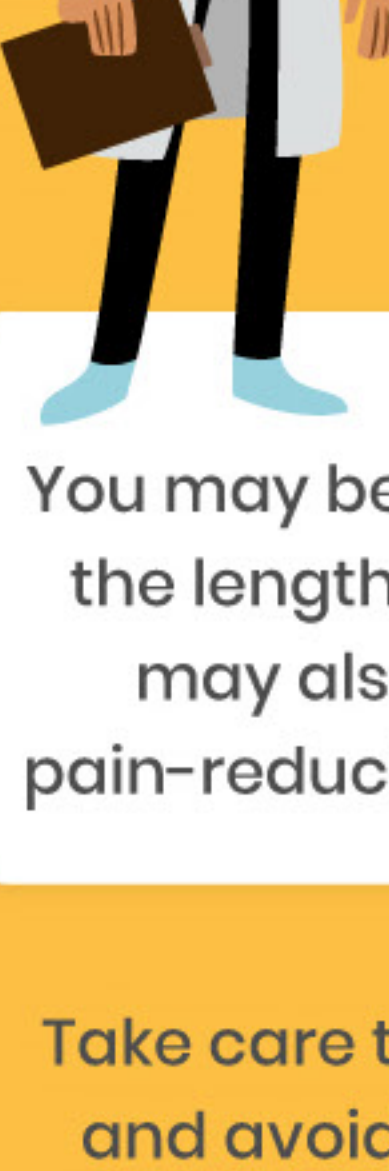
FLU TREATMENTS

Since the flu is a virus, antibiotics will not prevent or get rid of it.

Most people who get the flu should simply stay home and rest, taking care to drink enough fluids and get enough rest.



If you do have severe symptoms or are part of a high-risk group, you should seek medical care for flu treatment.



You may be given an antiviral, which can decrease the length and severity of the flu symptoms. You may also be told to take fever-reducing and pain-reducing medication to ease your symptoms.

Take care to wash your hands well and avoid unnecessary contact with others to prevent the spread of the flu.



truecare

Healthy smiles inside. Welcome in.

To learn more visit

www.truecare.org/blog/flu-prevention-and-treatment.