

PROTECT YOURSELF AND YOUR FAMILY THIS FLU SEASON!

Kentuckians suffer from historically poor health outcomes related to influenza. Flu and pneumonia cause one-third more deaths in Kentucky than in the rest of the country, making it the ninth leading cause of death in the state. The Commonwealth also ranks 33rd in the nation for the percentage of residents who receive a flu shot. The 2017-2018 flu season was also the most intense in years, infecting nearly 10,500 and taking the lives of 325 people, including five children. The flu is a threat every year and does not discriminate...every Kentuckian is susceptible to this potentially deadly disease.

GET YOUR SHOT!



The flu vaccine is the first and best line of defense when it comes to fighting the flu. Everyone six months and older is recommended to receive the vaccine. The best time to get it is before the flu starts to spread in your community, which is typically before the end of October.

Finding a flu vaccine has also never been easier. Visit www.kyma.org/flu to utilize the Centers for Disease Control's Flu Vaccine Finder Tool to identify a location near you.

FOCUS ON FLU



CONSULT YOUR DOC!

If you think you have contracted the flu, consult your physician! Studies show that flu antiviral drugs work best when they are started within 2 days of getting sick. It is especially important to consult your physician if you are at high risk for complications from the flu, like young children, those with chronic health conditions, or those 65 and older.



STOP THE SPREAD!

If you do get sick, limit your contact with others as much as possible and take antiviral drugs if your physician prescribes them. Cover your mouth and nose when coughing or sneezing, and wash your hands frequently with soap and water.

FLU MYTHS: BUSTED!

- The flu shot **can't give you the flu.**
- Even if you get the vaccine and get sick, the shot has been shown to **lessen symptoms and severity of the illness.**
- Vaccination is needed every year because the strains of the flu **change from year to year.**
- Though common, **not everyone with the flu will have a fever.**
- People with flu are most contagious in the first **3-4 days after their illness begins**, but some otherwise healthy adults may be able to infect others beginning **1 day before symptoms develop.**
- There are tests available to diagnose flu, and **treatments are available.**

Focus on Flu is a partnership between the Kentucky Medical Association, the Kentucky Foundation for Medical Care and the Foundation for a Healthy Kentucky. For more information, visit www.kyma.org/flu.

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