

Impact of the Flu on Your Family

The flu is a contagious disease and easily passed among children. Children are **2x to 3x** more likely than adults to contract the flu since they have developing immune systems. More young children **go to the hospital** because of flu complications than any other vaccine-preventable disease. When one family member gets the flu, it can spread to others and **affect the entire family**.

A, B, C's of Flu Prevention

A

Annual Vaccination: offers flu vaccine in types **of flu vaccines:** and vaccinated each **every year.** **1. Find a location that** **2. Ask about the** **3. Get**
The first and most important step. your area. **Visit :** nasal-spray or shot.
<http://www.stoptheflu.qa/>

B

Be Healthy Handed: Rinse and dry your hands with **1. Wet your hands** **2. Lather with soap** **3.**
wash your clean towel or hands properly dryer. with **clean water.** for 20 seconds.
(Sing the Happy a
Birthday song twice!) air

C

Capture Wash your hands. **1. Use a tissue** to catch **2. Throw it away** **3.**
the Germs: your cough or sneeze. **immediately.**
catch them in a tissue

More Information

- ❖ For more information about the flu and prevention, please visit: <http://www.stoptheflu.qa/>
- ❖ Ask a healthcare provider which flu vaccine may be best for you and your family.