



1250 Punchbowl St.
Honolulu, HI 96813

www.hawaii.gov/health

"Protecting the health and environment
of the people of Hawaii"



Fast Facts About Flu:

- *Flu is a seasonal illness and peaks each spring*
- *Flu spreads through airborne droplets (coughing, sneezing, even talking)*
- *Antibiotics do not cure the flu*
- *Flu kills 30,000-40,000 people each year*
- *Antiviral medicines (available from your doctor or health clinic) can lessen flu symptoms.*

FOR MORE INFORMATION ABOUT PUBLIC HEALTH AND EMERGENCY PREPAREDNESS, CONTACT:

- Aloha United Way** Call 2-1-1
Aloha United Way has representatives trained by the Department of Health to answer your public health and public health emergency preparedness questions.
- American Red Cross** www.redcross.org
- District Health Offices** www.hawaii.gov/health/neighbor
- Hawaii State Department of Health** www.hawaii.gov/health
- U.S. Centers for Disease Control and Prevention** www.cdc.gov
- U.S. Department of Health and Human Services** www.pandemicflu.gov
- U.S. Department of Homeland Security** www.ready.gov
- U.S. Federal Emergency Management Agency (FEMA)** www.prepare.org

Fight Seasonal Flu

A simple guide to help Hawaii families avoid seasonal flu (influenza)



WHAT CAN YOU DO TO PREVENT THE FLU?



Get vaccinated

Flu vaccines are an easy, low-cost way to prevent the spread of flu. Find out when and where to get your vaccination by calling 2-1-1.



Cover your cough, differently

Use a tissue to cover your cough or sneeze. If none is available, cough into your elbow or sleeve, never your hand.



Clean your hands often

Wash your hands with soap and water for at least 20 seconds. If you don't have soap, use an alcohol-based hand-sanitizer.



Keep surfaces clean

Clean hard surfaces with soap and water at home and work. For extra protection use disinfectant sprays or wipes.



Take care with animals

Take pets to a vet for regular care and wash hands after touching animals or animal waste (including pigs, birds, cats and horses).



Stay home when sick

Stay home when you are sick. Don't expose others to germs. Consult a doctor or clinic if necessary.



Get healthy, stay healthy

Eat well and exercise regularly. Get regular physical check-ups. Don't smoke or chew tobacco and moderate alcohol use.

Spread aloha, not germs.