

## Tewksbury Influenza 2014-2015 Public Service Announcement

The Flu is here and residents in Tewksbury have definitely been affected.

Have you received your Flu Shot? If not they are still available at the Tewksbury Health Department and in local pharmacies. It is important for some who are more likely to have problem resulting from the flu to get immunized including:

- Children 6months-18 years
- People 50 years or older
- Pregnant women
- People with other health problems
- It is also important to get a flu shot if you live with or take care of the above groups.

The **Flu** is caused by a virus that infects your lungs, nose and throat. It comes on very quickly and makes you feel very sick. Symptoms of the **Flu** include: Fever, tiredness/weakness, muscle and joint aches, dry cough, headache, sore throat, runny/stuffy nose

A **Cold** is caused by germs that affect your nose more than any other part of your body. Symptoms of a **cold** include: stuffy nose, sneezing, runny nose, sore throat, wet cough.

The best prevention is to get the flu shot, wash your hands often with soap and water, cover your cough or sneeze, keep your hands away from your eyes, nose and mouth.

If you are sick, **stay home**; you can spread the flu even if you feel better. Adults can spread the flu for about 5 days and kids can spread for 7days. Call your doctor if you think you are coming down with the flu you may be able to be treated with an antiviral to decrease the severity of the illness. Pneumonia can be a serious side effect of the flu. Ask your doctor if you also should get the pneumonia shot.

\*Influenza Vaccine is still available for ages 3 and up from the Health Department please call 978-640-4473 on Wed/Friday to make an appointment. \*