

# Are you ready for flu season?

**38**

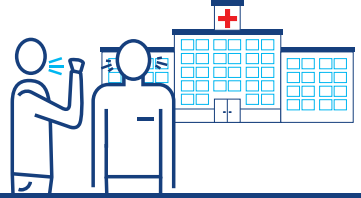
million  
people contract  
flu annually

**405**

thousand  
hospitalizations  
are due to flu

**22**

thousand  
deaths annually are  
attributed to flu



**THE FLU IS HIGHLY CONTAGIOUS** and can attack the lungs, nose, and throat. Here's what you need to know to fight it.



**February is the peak month for the flu, followed** by December, January and March. Don't you just love winter? But epidemics can break out as early as October.

The most common flu symptoms include:



Headaches



Fever



Chills



Fatigue



Body aches



Products such as **SaniGuard®, Sani-Hands®, and face masks** also aid in flu prevention by sanitizing surfaces and eliminating germs.

**S M T W T F S**

Flu symptoms usually last **5-7 days** in healthy adults.



**Get your flu shot**

It takes two weeks for the flu vaccination to be effective.



Avoid touching your **eyes, nose, and mouth.** Germs spread this way.



To avoid spreading germs, wash your hands for at **least 20 seconds** throughout the day.



Avoid contact with sick people and stay **home when you are sick.**



**Clean and disinfect surfaces** and objects that may be contaminated with germs like the flu.



## VACCINATION = PREVENTION

Vaccination is still the best way to prevent the flu from spreading. Everyone 6 months and older should get the annual flu shot, especially young children and those who are 65 years and older, pregnant, or have chronic medical conditions.

Source: <https://www.cdc.gov/flu/prevent/prevention.htm>

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