

Are you ready for flu season?

64
million people
contract the flu each year.



The flu results in
31.4 million
outpatient visits and about 200,000
hospitalizations every year.

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.cdcfoundation.org/businesspulse/flu-prevention-infographic>

AliMed is here to help with all of your infection control needs.
To learn more about what products we offer, please visit alimed.com/infection-control/