

**The Needy Meds
Committee wants
you to...**

STAY SAFE

THIS

FLU SEASON

WHAT IS THE FLU?



- Influenza (flu) is a common contagious respiratory illness caused by influenza viruses.
- It can cause mild to severe illness. It attacks the lungs, nose, and throat
- Young children, older adults, pregnant women, and people with chronic disease or weak immune systems are at high risk.
- Spreads by airborne respiratory droplets (coughs/sneezes), touching contaminated surfaces, saliva, and skin-to-skin contact
- Partly preventable by vaccine

<https://www.cdc.gov/flu/about/keyfacts.htm>

FLU

PREVENTION

- Get vaccinated each year
- Avoid close contact
- Stay home when you are sick
- Cover your nose and mouth when coughing or sneezing
- Wash your hands
- Disinfect frequently touched surfaces
- Get plenty of sleep, manage stress, drink plenty of fluids, eat nutritious food



**Wash your
hands!**

FLU SYMPTOMS

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle and body aches
- Headaches
- Fatigue



Less common symptoms include:

- Vomiting
- Diarrhea

<https://healthy.kaiserpermanente.org/southern-colorado/health-wellness/flu/symptoms-treatment>

WANT TO GET A FLU SHOT?

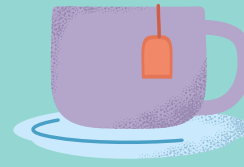
Many local pharmacies offer FREE flu shots with Insurance or inexpensive ones without.

- Walgreens: \$40.99
- CVS/ Target: \$39.99
- Costco: \$19.99
- Walmart: \$39.88
- Rite Aid: \$39.99

RFC also provides Flu Shots, check our website for more information.

WHAT'S IN THE NEEDY MEDS FLU KIT?

- Tissues
- Cough Drops
- Green tea bag
- Face mask
- Needy Meds educational pamphlet



MAKE YOUR OWN FLU KIT:

1. Grab a regular sized sandwich bag
2. Gather your materials of choice: tissues, cough drops, tea of choice, face mask, hand sanitizer, small package of disinfecting wipes, chapstick.
3. Fill the bag up with your materials of choice.
4. Assemble as many more as you would like.

THANK YOU!



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The Riverside Free
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