

Help Protect Your Family: Top Tips for Flu Prevention

By Elizabeth Pantley, bestselling author of *The No-Cry Sleep Solution*



Impact of the Flu on Your Family

The flu is a contagious disease and easily passed among children.¹



Children are **2x to 3x** more likely than adults to contract the flu since they have developing immune systems.^{1,2}



More young children **go to the hospital** because of flu complications than any other vaccine-preventable disease.³



When one family member gets the flu, it can spread to others and **affect the entire family**.⁴

A, B, C's of Flu Prevention

Here are **3** easy ways to help keep you, your family, and your community flu-free:

A

Annual Vaccination:

the first and most important step⁵



Find a location that offers flu vaccine in your area. Visit: <http://flushot.healthmap.org>.



Ask about the types of **flu vaccines**: nasal-spray or shot.⁶



Get vaccinated each and **every year**!⁶

B

Be Healthy Handed:

wash your hands properly!⁷



Wet your hands with **clean water**.⁷



Lather with soap for 20 seconds. (Sing the Happy Birthday song twice!)⁷



Rinse and dry your hands with a clean towel or **air dryer**.⁷

C

Capture the Germs:

catch them in a tissue⁵



Use a **tissue** to catch your cough or sneeze.⁵



Throw it away **immediately**.⁵



Wash your hands.⁵

More Information

► For more information about the flu and prevention, please visit: <https://www.facebook.com/dontwaitvaccinate>. Ask a healthcare provider which flu vaccine may be best for you and your family.

► Elizabeth Pantley is president of Better Beginnings, Inc., a family resource and education company. She is the author of popular parenting books, including the No-Cry Solution series. Please visit: <http://www.nocrysolution.com> or join her on Facebook at: <https://www.facebook.com/ElizabethPantleyNoCryAuthor>.

1. National Institute of Allergy and Infectious Diseases. Flu (Influenza): Overview. <http://www.niaid.nih.gov/topics/Flu/understandingFlu/Pages/overview.aspx>. Accessed April 30, 2013. 2. U.S. Department of Health & Human Services. Children & Infants. <http://www.flu.gov/at-risk/children/index.html>. Accessed April 30, 2013. 3. Centers for Disease Control and Prevention. Seasonal Flu Information for Schools & Childcare Providers. <http://www.cdc.gov/flu/school/>. Accessed April 30, 2013. 4. Centers for Disease Control and Prevention. How Flu Spreads. <http://www.cdc.gov/flu/about/disease/spread.htm>. Accessed June 11, 2013. 5. Centers for Disease Control and Prevention. CDC Says "Take 3" Actions To Fight The Flu. <http://www.cdc.gov/flu/protect/preventing.htm>. Accessed May 3, 2013. 6. Centers for Disease Control and Prevention. Key Facts about Seasonal Flu Vaccine. <http://www.cdc.gov/flu/protect/keyfacts.htm>. Accessed May 16, 2013. 7. Centers for Disease Control and Prevention. Handwashing: Clean Hands Save Lives. <http://www.cdc.gov/handwashing/>. Accessed May 2, 2013.