



Health Bulletin



“Happy Feet” Characters Use fluFACTS Web Site To Fight Flu

(NAPSA)—Several U.S. cities are already reporting their first cases of flu, and now is the time to prepare your flu-fighting arsenal. The Centers for Disease Control and Prevention (CDC) guidelines for the 2006/2007 season cite three key flu-fighting tools: vaccination, use of anti-viral medications and good hygiene practices. To help make these guidelines work for you and your family, a new Web site—fluFACTS.com—provides in-depth flu information and interactive tools with the help of the animated characters from the new movie “Happy Feet.”

Vaccine is the number-one way to prevent flu. But if you do find yourself feeling ill, the “Happy Feet” penguins demonstrate three simple steps to fighting flu:

Step One: Learn the FACTS of Flu

Is it cold or flu? Flu symptoms are different and more severe than a cold. An easy way to tell the difference between cold and flu are remembering the following F.A.C.T.S.:

- Fever (usually high)
- Aches (usually severe)
- Chills (fairly common)
- Tiredness (moderate to severe)
- Sudden onset. The flu usually comes on very quickly and some describe it “like being hit with a truck.”

Step Two: Act Fast, See Your Doctor

If you have flu symptoms, see your doctor within 12 to 48 hours, so that you can be properly diagnosed and treated. If you are not sure what to ask your doctor, www.fluFACTS.com provides a list of questions that you can print out and bring to the doctor’s office.

Symptoms At A Glance		
SYMPTOMS	COLD	FLU
Fever	Rare	Usually present
Aches	Slight	Usual, often severe
Chills	Uncommon	Fairly common
Tiredness	Mild	Moderate to severe
Sudden Symptoms	Appear gradually	Can appear within 3-6 hours
Coughing	Hacking, productive	Dry, unproductive cough
Sneezing	Common	Uncommon
Stuffy nose	Common	Uncommon
Sore throat	Common	Uncommon
Chest Discomfort	Mild to moderate	Often severe
Headache	Uncommon	Common

Step Three: Ask About Prescription Anti-viral Medications

The first defense against the flu is a flu vaccine. If you do come down with the flu, you’ll want to see your doctor right away, so he or she may consider if a prescription anti-viral medication is a good option for you. While the over-the-counter products can relieve symptoms, prescription anti-viral medications actually treat the virus by directly attacking it at its source. If taken within 12-48 hours of symptom onset, anti-virals can reduce the duration of the flu and get you back on your feet faster. In addition, anti-virals may be used to prevent your friends and family members from getting the flu.

Other fluFACTS.com features:

- Test Your Flu IQ. Go to fluFACTS.com to test your flu knowledge. Fill in the gaps by reviewing the symptom charts that explain the difference between cold and flu.

- Know when the Flu is in Your Area. Type in your zip code to find out if the flu is heading towards your hometown.

- Understand Flu Treatment Options. Learn the role of vaccines and anti-virals, over-the-counter treatments and nonmedical alternatives; why antibiotics don’t treat the flu.

- About Influenza, Impact of Influenza, What Is a Flu Pandemic?

For easy reference, bookmark www.fluFACTS.com to use as a reference throughout the flu season.

