

SEE YOUR DOCTOR

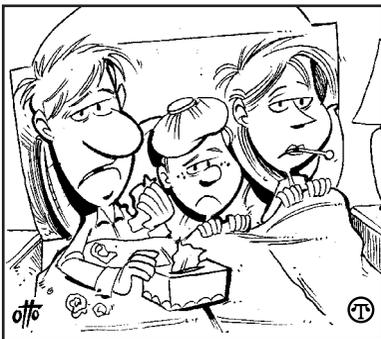
Staying Influenza-Free

(NAPSA)—A prompt and proper diagnosis can help you give flu and other respiratory diseases the cold shoulder this season, so you don't have to lose a minute of work or play to feeling ill.

More than just enjoyable activities are at risk. According to the Centers for Disease Control and Prevention, pneumonia and flu together are the sixth leading causes of death in the U.S. More than 100,000 hospitalizations and 20,000 deaths occur each year from flu-related complications.¹

Here are some tips on how to stay healthy:

- Make sure you're getting the right disease treated. Many illnesses can disguise themselves as flu when they're really something else, such as respiratory syncytial virus, mycoplasma pneumonia or adenovirus. Experts say 90 million Americans each year think they have the flu when they don't. Your doctor can give you a quick and painless test that can help tell your doctor if your flu-like symptoms—sudden headache, dry cough, runny nose, sore throat, aching muscles, fatigue and possible fever—is influenza. You can get Quidel's



You and your family don't have to be stuck in bed with flu—or worse.

QuickVue Influenza test as part of a routine checkup and get your results in 10 minutes or less.

- Rest, fluids and good nutrition are important in the fight against the flu and other diseases that strike in cold weather.

- Good hand-washing technique includes using soap—especially an anti-bacterial soap, which kills germs rather than simply washing them away—and hot water, as hot as you or your children can stand.

- Taking vitamin C, unless your doctor advises you to avoid it, can

reduce the risk of flu and speed recovery time. Herbs such as echinacea have also been known to be effective.

- If you do come down with something, give yourself an extra day or two to recover fully. Just because you feel better doesn't necessarily mean you are better; symptoms that are diminished or gone when you're still in bed can show up again as soon as you're up and around, and pushing yourself to do too much too soon can open you up to a significant risk of reinfection.

- Make sure that particularly vulnerable family members, such as students, small children and elderly people, get flu shots. Many hospitals, schools and clinics offer low-cost or even free vaccinations to people who qualify.

- Try to avoid stress, which can weaken your immune system and make you more vulnerable to all sorts of infections, including flu.

For more information, contact your doctor or go to <http://www.quidel.com/FluFacts.php>.

¹ "Prevention and Control of Influenza: Recommendations of the Advisory Committee on Immunization Practices (ACIP)" (CDC, 2001).