*It is Flu season again for Lehigh University. The Lehigh University Health & Wellness Center and the Centers for Disease Control (CDC) urges you to take the following actions to protect yourself and others in your community from the flu:*

Step OneTake time to get a flu vaccine.

* CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
* It is still not too late to get the Flu shot!
* Flu vaccination can reduce flu illnesses, doctors’ visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.
* Everyone 6 months of age and older should get a flu vaccine.
* Vaccination of high risk persons is especially important to decrease their risk of severe flu illness. People at high risk of serious flu complications include young children, pregnant women, people with certain chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

Step TwoTake everyday preventive actions to stop the spread of flu germs.

* Try to avoid close contact with sick people.
* While sick, limit contact with others as much as possible to keep from infecting them.
* If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone (without the use of a fever-reducing medicine) except to get medical care or for other necessities.
* Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
* Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
* Avoid touching your eyes, nose and mouth. Germs spread this way.
* Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Step 3Take flu antiviral drugs if your health care provider prescribes them.

* If you get the flu, antiviral drugs can be used to treat your illness.
* Antiviral drugs are different from antibiotics. They are prescription medicines and are not available over-the-counter.
* Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.
* Studies show that flu antiviral drugs *work best for treatment when they are started within 2 days of getting sick*, but starting them later can still be helpful, especially if the sick person has a high risk factor for complication or is very sick from the flu.
* Flu symptoms typically include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea.

Visit CDC’s website to find out [what to do if you get sick with the flu](https://www.cdc.gov/flu/takingcare.htm).