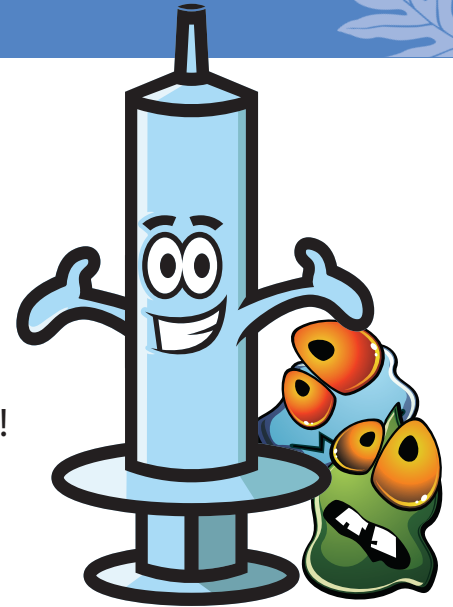




# STOP THE FLU!

The flu is a contagious illness caused by influenza viruses. The virus can infect the nose, throat and lungs. The flu virus can cause mild to serious illness and sometimes even death!

- Symptoms of the flu are:
- Fever or chills
- Headaches
- Fatigue
- Some may even have vomiting and diarrhea
- Cough
- Sore throat
- Runny nose or congestion
- Muscle aches
- The flu viruses are spread by droplets made when people with flu cough, sneeze or talk.



**Everyone 6 months of age and older should get a flu vaccine every season unless they had a adverse reaction to the vaccine:**

People with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine. This might include gelatin, antibiotics or eggs; People who have had Guillain-Barré Syndrome (a severe paralyzing illness, also called GBS).

***Please talk to your doctor more about the Flu vaccine and HAVE A SAFE FLU-FREE SEASON!***

For more information about the flu and vaccines available please go to  
<http://www.cdc.gov/flu/keyfacts.htm>

MAHALO!

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Internal Medicine

***For more information, call or visit any of these locations:***

**The Queen's Health Care Centers - Hawai'i Kai** • 377 Keahole Street • Phone: 396-6675

**The Queen's Health Care Centers - Downtown** • 550 South Beretania Street, Suite 401 • Phone: 691-7744

**The Queen's Health Care Centers - Kapolei** • 599 Farrington Highway, Suite 201 • Phone: 674-9500