**Flu Facts**

**2018-2019 flu season in Pierce County**

- **671** Hospitalized by flu.
- **42** Died from flu.

**At risk for flu complications**

Babies, pregnant women, older adults, and people with health conditions.

**Call a healthcare provider if you:**

- Have questions.
- Feel very sick.
- Are at risk for flu complications and feel sick. Early antiviral treatment may help.

**Stay healthy**

- Get a flu shot. It protects you and those around you.
- Wash your hands.
- If you’re sick, stay home.

**Symptoms**

- Fever.
- Sore throat.
- Cough.
- Body aches.

**Treatment**

- Bed rest.
- Plenty of fluids.
- Antiviral medicine, when prescribed.

Learn more about staying healthy during flu season at tpchd.org/flu.