



Be Ready Tip(s) of the Month

October Tip: Protect Your Loved Ones This Flu Season!

Influenza, commonly known as the flu, is a virus that affects your respiratory system. It can cause mild to severe illness and can be spread by touching hands, objects, or surfaces as well as through the air by coughing, sneezing, or talking. The timing, length, and severity of the flu season varies from year to year. Flu season can start as early as October. Peak season in the United States is typically January and February. Be Ready.



- Tip #1:** While mandatory for Coast Guard personnel, ensure that **everyone** in the family over 6 months of age gets vaccinated with this year's vaccine as soon as it is available.
- Tip #2:** Be aware that young children, adults over 65, pregnant women, and people with other medical conditions are at greatest risk. Vaccinating those around them, helps prevent the flu from spreading to them.
- Tip #3:** Cover your nose and mouth with a tissue when sneezing or coughing, and throw the tissue in the trash right away.
- Tip #4:** Wash your hands often and thoroughly with soap and water before touching your mouth, eyes, or nose and eating. Make sure children are doing this too.
- Tip #5:** Clean and disinfect surfaces that may be contaminated and shared, including but not limited to telephones, door handles, kitchen counters, and coffee tables.
- Tip #6:** If sick, stay home at least 24 hours after your fever is gone and limit contact with others as much as possible.
- Tip #7:** Ask your doctor about flu antiviral medication that may shorten the time you are sick and reduce the severity of the symptoms.

For more information on the 2014-2015 flu season and how to prepare, visit <http://www.cdc.gov/flu/about/season/flu-season-2014-2015.htm> and view the Ready Coast Guard fact sheets on different types of flu at http://www.uscg.mil/worklife/docs/Ready/DS_Pan_Flu_Info.pdf and http://www.uscg.mil/worklife/docs/Ready/DS_Avian_Flu_Info.pdf.

Be/stay informed, make a plan, build a kit and pass it on, so all are prepared.

Semper Paratus!