

# Flu vaccination is the best preventative measure you can take.

Although the flu vaccine won't prevent every case of the flu, getting all eligible members of your family 6 months and older vaccinated every year is the best way to reduce the risk of serious illness.



## Get tested if you have symptoms:

Even if you did get the flu vaccine, don't ignore symptoms - ask to get tested for flu.

SYMPTOMS	FLU	COVID-19	STREP THROAT	RSV
Fever	•	•	•	•
Congestion or stuffy nose	•	•		
Runny nose	•	•		•
Sore throat	•	•	•	
Muscle pains	•	•		
Headache	•	•		
Coughing	•	•		•
Feeling tired	•	•		



## Get treatment if you do test positive:

**Take antiviral medications if prescribed.** Antiviral medications help prevent the risk of flu complications - including hospitalization and death.

Check with your health care provider for quick and convenient testing and treatment options. They can help you take the necessary steps to get you on your way to recovery.

**Vaccinate. Test. Treat.**



National Association of  
Pediatric Nurse Practitioners<sup>SM</sup>



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# Vaccinate. Test. Treat.

When to be on the lookout for respiratory infections:

	FLU	COVID-19	STREP THROAT	RSV
OCT	•			•
NOV	•			•
DEC	•		•	•
JAN	•		•	•
FEB	•		•	•
MAR	•	<i>Timing of Covid-19 surges vary</i>	•	•
APR	•		•	•
MAY	•			•
JUN				•
JUL				
AUG				
SEP				

## Kaden Stevenson

Kaden Stevenson was an active and healthy seven-year-old who enjoyed sports and spending time with his friends. Just before Christmas 2022, Kaden came down with what his mother assumed was a common cold or possibly a stomach bug.



Kaden's symptoms progressed over a couple of days, resulting in his local hospital airlifting him to a pediatric intensive care unit about 2 hours away.

As a complication of the flu, Kaden experienced toxic shock from bacteria that entered his bloodstream. Kaden's legs were amputated as a result of this flu complication.

Kaden's mother now urges everyone to get vaccinated in order to protect themselves and their loved ones from the flu.

[www.familiesfightingflu.org](http://www.familiesfightingflu.org)



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