

Flu Facts!

Take action to protect yourself and your loved ones from the flu.
Take time to get a flu vaccine.
Take everyday preventive actions.

Did you know that seasonal flu in Missouri lasts from October to May?

Each year, on average:

- 14,891 Missourians are **infected** with the flu
- 200,000 U.S. citizens are **hospitalized** because of the flu
- 2,500 Missourians **die** due to flu-related complications

The total **direct and indirect cost** of flu in the United States is approximately \$22.9 billion.



The Flu in Schools

According to the Centers for Disease Control and Prevention (CDC), addressing the spread of germs in schools is essential to the health of our youth, our schools and our nation. In the United States:



- Nearly 22 million school days are lost annually due to the common cold alone.
- One-fifth of the population attends or works in schools.
- Studies have shown that human influenza viruses generally can survive on surfaces for between 2 to 8 hours.

Flip the Page for **GOOD News!**

The Missouri Department of Health and Senior Services is Here to Help . . .

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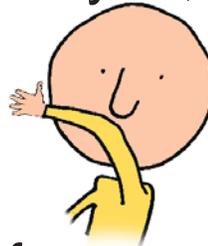
Wash your hands often

Home is where you stay when you are sick

Avoid touching your eyes, nose and mouth

Cover your coughs and sneezes

Keep your distance from people who are coughing and sneezing



••••the flu

WHACK the Flu School Health Education

The Missouri Department of Health and Senior Services (DHSS) is bringing a successful school health flu prevention program to schools across Missouri. The acronym "WHACK" incorporates major recommendations from the CDC to prevent the spread of flu germs into one dynamic concept.

WHACK the Flu teaches kids pre-K thru fifth grade proper hand hygiene and cough etiquette through a fun skit and song. DHSS provides free posters and activity booklets to remind students to **WHACK the Flu!** The ultimate goal of the program is to decrease school absences due to illness by teaching young students healthy habits such as proper handwashing and covering their coughs.

If you would like to **WHACK the Flu** at your school, please contact your local public health agency, go to health.mo.gov/living/healthcondiseases/communicable/influenza/whack or contact Alyce Turner at Alyce.Turner@health.mo.gov.



Public Health
Prevent. Promote. Protect.

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