

Academy of Personalized Learning,

A Charter School

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Apple News

January News



Happy New Year! As we look forward to the year ahead, we hope that our children and their education is first and foremost in our minds and hearts, as they represent our best hope for the future. May we work together to do well in this endeavor, in this village we call APL.

Spring Semester begins on Monday, January 5, 2015. Also note that Monday, **January 19 is Martin Luther King, Jr. Day**, and there will be no school on that date.

APL conducts an annual **Parent Survey** about our program, which we hope that one parent/guardian from each APL family will complete. We also have a **High School Student Survey**, which we hope that all APL high school students will complete. We appreciate the feedback we get from our community as we try to keep our program responsive to your needs. The survey is being conducted online from **December 1 through January 12**. The survey links are as follows:

Parent Survey: <https://www.research.net/s/QDF5M25>

High School Student Survey: <https://www.research.net/s/WYSKFK5>

If you have participated in this year's Parent Survey or High School Student Survey, we would like to thank you for taking the time to share your thoughts with us.

There will be changes in the class schedule for Spring Semester. Due to budgetary constraints, we are closing some classes with very low enrollment. The new class schedules will be posted on the website, and PLTs will contact families of students affected by the changes. We appreciate the flexibility of families and students and hope they can select other worthwhile classes to attend.

January is an important month for seniors with college aspirations. Submitting a FAFSA (Free Application for Federal Student Aid) is the first step in securing financial aid for attending college. Families can complete the FAFSA online starting January 1. APL will be hosting a **Cash for College** event at our site on **February 5**, 6-8 pm, to offer financial aid information and assistance to complete the FAFSA. For more information, please see College Corner on page 3.

Last, but not least, we have included several attachments with the newsletter. Along with the monthly calendar, there are **Senior Portrait Guidelines** as well as information about fighting the flu. Stay healthy, warm, and dry!

January 1, 2015

Volume 7, Issue 5



January events

- ✓ Stars of the Pharaohs at Schreder Planetarium
- ✓ Disney's Aladdin, Jr. at RSA



Students in the Spotlight



Shaya Daniels is like a ray of sunshine when she walks through the door each morning. Shaya has been a student with APL for three years and really blossomed during this time. She has worked hard on her reading and speech, and made great progress in both. Shaya is very friendly and nice to everyone, and she has made several good friends this year. Ceramics is one of her favorite classes as she is very creative. Shaya also takes guitar onsite and is doing really well. It will be exciting to see how Shaya continues to grow and flourish.

Ryan Stevens is growing up to become an amazing person. A sixth grader, Ryan has been a student at APL for four years and has done a really great job. Over the past four years he has gone from being a shy boy who was not very motivated to a young man who works hard and is learning to be an advocate for himself. Ryan is becoming confident in his academic and social skills. He is doing well in school and making friends. Ryan is really good with technology and his favorite class is Lego Creative Design. Watch for Ryan to do great things.

Look quickly! **Makayla Cooper** is in the Spotlight, and this focused sophomore doesn't hold still for long. Whether she's designing rockets or scaling six-foot walls, no task is too daunting. In addition to excelling in her coursework, Makayla volunteers for APL's Global Science Interns (GSI) and the Redding Police Department's Explorer program. Both require self-discipline and passion, certainly no strangers to Makayla. When asked for her favorite part of the GSI program, she said teaching the younger kids is the best. "It's fun when they see me in the hall and remember who I am." APL is proud to have such a role model recognized on campus and in the community.

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APL Orientation



APL is accepting new students for the **2014-15 school year**. Orientation for interested families will be held the following Wednesdays: **1/7, 1/21, 2/4, and 2/25/15 at 5 PM** at APL, **2195 Larkspur Lane**. If you have friends or family looking at school options, please consider suggesting us!

Here's some of what we have to offer:

- K-12 program
- WASC accredited
- Curriculum choice
- Independent study
- Home school
- Classes, vendor courses & tutoring
- Flexible scheduling
- Credentialed teachers
- California standards based instruction



School Business



During January, all students in grades **K-12** will be assessed in language arts and students in grades **2-12** will be assessed in **math**. Students will be assessed in their core LA and math classes or during their monthly meeting. Students in grades K-6 will be given the DIBELS language arts assessment. During the month of January, on all Mondays except 1/19, the computer lab will be available for Scantron testing (grades 2-12) from 9 am-3 pm. Contact your PLT to schedule an appointment. The detailed information provided by the tests will be useful for showing parents where students have made academic progress and in what specific areas they need to focus. **Assessments should be completed by January 30.**

Senior Portraits: A photo session is more fun when it's with your best friend or friends. Sessions are \$50 an hour for one or two seniors. For three seniors, the cost is \$75 for an hour and a half, \$100 for two hours for four seniors, ... (you get the idea). Get your friends together, decide to have your portraits together and call or email for an appointment. Call Bob McConnell: (530) 566-2377 or email at bobmc@bobmccconnell.net or www.bobmccconnell.net. Sessions include 8 images online to choose from, image of your choice for the yearbook, and Facebook-sized images to share with your friends. Packages are available starting at \$12.

The **Good Apple Awards** for January go to **Micah Simpson** and **Eva Taylor**. These students were cited with "good citizenship" and given tickets, which were then selected in the monthly drawing. Congratulations to our "Good Apples!" (See Ms. Lynn in the library to claim your prize.)

Photo Day: Bob McConnell will be available to take student (and sibling) photos on **Wednesday, January 28** and **Thursday, January 29, from 7:30 am until noon**. There is no commitment to purchase photos and students will receive a free ID card. For those interested in purchasing photos, packages start at \$12.00. For the safety of our students, we request that all students be photographed for our Student Information System and 2014/2015 ID cards.

The **CAHSEE** (California High School Exit Exam) for **all 10th graders (and 12th graders who have yet to pass one or both sections of the exam)** will be **Feb. 3** (Language Arts) and **Feb. 4** (Math) at APL from **9:00 am-noon**. (Meet in the reception area at 8:45.)

For students using a different photographer: To be included in the yearbook, email senior portraits to Bob by **1/30**. Please include the student's name in the email. See the enclosed flyer for Senior Portrait Guidelines.

Work Permit applications are available at the school office. Parents can fill out the request and drop it off at APL or fax it to the office at 222-9281.

APL Yearbook 2014/2015: If you are interested in purchasing an APL Yearbook for this school year, **they will cost \$15 until spring break, and then the price will be \$20 starting April 13, 2015**. You can find order forms and place your order at APL's reception desk.



Library News

Library Returns: If you have completed a course, or have finished using any materials checked out from the APL Library, please return these materials to the library. Other students may be in need of what you have. In these tight financial times, we cannot afford to leave books unused on a shelf, so please return materials that you are not using. Thanks!

Reading Incentive Program: APL facilitates a reading incentive program for students. The theme of this year's program is "**One World, Many Stories**." Pick up your reading logs at the APL Library or from your teacher. For each log completed, students win a small prize. For every 10 logs submitted, students will receive a book of their choice through Scholastic, and they will be entered into a drawing for a Barnes & Noble gift card. Ten gift cards will be awarded at the end of the school year.

Scholastic Book Catalogs are available at the APL library. Scholastic book orders are a great way for you to get new books, CHEAP! Each order that you place also helps to buy books for our library and for our students. You can place your orders either through our library with a check, or online with a credit/debit card. To order online, go to www.scholastic.com/bookclubs. Follow the prompts to create your own username and password. When prompted, enter the one-time Class Activation Code, GJXLB. If you have questions, contact Kimberly at APL.





January Events



Schreder Planetarium: On Tuesday, **January 13 at 1:15 pm** (arrive at 1:10), join APL for the show, **Stars of the Pharaohs**, at the Schreder Planetarium, 1644 Magnolia Ave. "Travel to ancient Egypt to see how science was used to tell time, make a workable calendar, and align huge buildings." The program includes study of the night sky and exploration of science exhibits that is ideal for ages 6 and older. Please limit the number of adults in your group to maximize student attendance. Register at www.ourapl.org.

Redding School of the Arts will perform **Disney's Aladdin Jr.** on Thursday, **January 22 from 10-11:30 am** in the David Marr Auditorium at the Shasta Learning Center, 2200 Eureka Way, Redding. Cost is \$3 per seat for students and \$7 for adults. To register, sign up at www.ourapl.org and pay at APL's front desk. Checks should be made to RSA. Only payment secures seats.

Peter Pan will be performed at the Cascade Theater in Redding on Thursday, **April 23 at 9:00 am**. Tickets are \$5 per person. To register, sign up at www.ourapl.org and pay at APL's front desk. Payment is due by **Feb. 23**. Checks should be made to Cascade Theater. Only payment secures seats.

Field Trip Registration: If you need to cancel your registration, please call or email **Barbara Mehr**, our field trip coordinator. There are often other families on the waitlist who would love to attend the event. Barbara's contact info is: (530) 472-1239 or bmehr@ourapl.org. Thanks!



College Corner

The **FAFSA** (Free Application for Federal Student Aid) is the financial aid form required by most colleges, universities and career/technical schools across California and within the U.S. By completing the FAFSA, students can qualify for thousands of dollars in financial assistance, including Cal Grants, Pell Grants, fee waivers, other grants and scholarships that do not have to be paid back, work-study jobs, or student loans that require repayment.

Applying for financial aid is free. Complete the **FAFSA** for all federal financial aid and submit a verified **Cal Grant GPA by March 2** to apply for a Cal Grant. You should apply for financial aid every year, from your senior year of high school through your senior year in college. You can access the FAFSA at www.fafsa.ed.gov.

Try to submit the **FAFSA** as soon as possible **on or after January 1**. Financial aid is awarded on a first-come first-serve basis so the sooner you submit the better. Parents do not have to file taxes prior to submitting the FAFSA; you can estimate your income and tax information on the FAFSA and then submit. Once your taxes are filed you may go back into your FAFSA to update the tax information and resubmit. The online FAFSA form is signed electronically, so students and one of their parents must register for a **PIN number** prior to completing the online FAFSA form. The PIN serves as your electronic signature. To obtain a pin, eligible students AND parents should visit www.pin.ed.gov.

Cash for College is a college workshop that will be held at APL on Thursday, February 5, from 6:00-8:00 pm to help seniors and their parents fill out the FAFSA. The event will include a financial aid information session prior to students completing their FAFSAs online. Come to the workshop with as many of the following documents that you have to help complete the FAFSA:

- Driver's license, if you have one
- Social Security card or number, if you have one
- Alien registration number, if you have one
- Your 2014 income information
- Parent 2014 income information
- Your tax and parent tax information: previous year taxes are okay for now if you don't have 2014 tax information
- 2014 bank statements
- Any records of untaxed income such as welfare benefits, Social Security benefits, or child support payments
- List of colleges you are interested in attending

Cal Grant awards are need-based eligibility grants determined from the information filed on the FAFSA and the student's GPA. The California Student Aid Commission (CSAC) sets income and asset ceilings to determine Cal Grant eligibility. All students are encouraged to apply for financial aid, regardless of whether or not their family income and assets are above the ceilings. A **GPA Verification Form** must be submitted to the CSAC by **March 2**. **APL will submit GPA verification for all seniors.**

The **BOGG Grant** is a financial need-based grant for students attending junior college, including high school students. The BOGG Fee Waiver Application can be found on the Shasta College website: www.shastacollege.edu/fa_bogfw.

The SAT will be administered at **Central Valley High School on Saturday, January 24**. The regular registration deadline is **December 29**, with late registration through **January 13**. Register at www.collegeboard.org. The cost of the SAT is \$52.50.

The ACT will be offered at **Central Valley High School on Saturday, February 7**. The regular registration deadline is **January 9**, with late registration through **January 16**. The cost of the ACT is \$36.50 (or \$52.50 with Writing). For more information about the ACT, go to www.actstudent.org.

"The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty."

~Winston Churchill

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 **Tutoring**   **Meetings**  **History Day** 

Students in need of tutoring assistance in English and math have the opportunity to attend **Directed Study Classes** to receive help with their assignments. Please see the Fall Semester Schedules for these class days and times. Students must bring assignments with them to work on.

Math Tutoring with Mr. Nason will be offered as follows:

Tuesdays: 4:15-5:00 pm at APL

Wednesdays: 1:00-2:05 pm at APL

Thursdays: 4:15-5:00 pm at APL

Fridays: 1:00-3:15 pm at APL

APL teacher Vanessa Burger is available for tutoring at the **Burney Library from 10:00 am to 1:00 pm on Tuesdays. Please call ahead to arrange an appointment with her at 276-7936.**

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day." ~ Edith Lovejoy Pierce

The **APL Board Meetings** for this school year are the **3rd Thursday** of each month at **5:15 pm**, with the next meeting on **January 15**. The public is invited to attend.

APL's Advisory Council meets one **Monday** each month at **3:00 pm**, with the next meeting on **January 12**.

Learn from yesterday, live for today, hope for tomorrow.

~ Albert Einstein

Service Work

APL's high school transition class recently participated in a community service event at the Redding Rescue Mission. On December 5th, they helped serve lunch at the mission. The APL group was composed of seven students, three parents/guardians, and three staff members. Their work was appreciated.



The **History Day Project** will be offered as a spring semester class **if the class reaches the minimum number of students required**. The project challenges students to research a historical topic and relate it to a specific theme. This year's national theme is "**Leadership and Legacy in History**." In the class, students will be instructed how to write a formal research paper. The project includes a research paper, an oral speech, and the creation of a hands-on project that displays the student's topic. This project is designed for **4th-8th grade** students. Each student will receive a detailed handbook with clear homework assignments. This class **does require** outside homework and families must be committed to the project. The class will meet every other Monday from 10 am - 12 pm beginning on January 26th and will end mid-April depending on the state testing schedule. Attendance is mandatory unless prior arrangements are made. This class focuses on both language arts and history standards for the 4th-8th grades. Please contact Mrs. Cable at ccable@ourapl.org or at 222-9275 with any questions regarding the project. The deadline for registering for this class is January 16th. You may register with your independent study teacher or directly with Mrs. Cable at ccable@ourapl.org.

CLASS OF 2015

Academy of Personalized Learning

SENIOR PORTRAIT GUIDELINES

To ensure quality portraits that look great in your yearbook, we ask that you use a PROFESSIONAL photographer who is aware of our guidelines and agrees to abide by them. This also makes the process of uploading photos to the yearbook much easier because they are coming from a limited number of sources rather than 300+ CDs with one photo on each. In the past, some photos were not acceptable due to poor image quality, image size, clothing choices, etc. It is not fun for anyone when a photo has to be rejected. You will find that professional photographers in our area are eager to work with you for the best possible yearbook portrait. They offer packages in a variety of price ranges and quantity of poses, clothing changes, and backgrounds; however, if you want a yearbook portrait only, they will most likely accommodate that also. These studios will also ensure that your photo arrives by the portrait **deadline**, which is **January 30, 2015**.

Please share the following guidelines with your photographer:

***pose and attire** must be acceptable for a student publication—**school dress code**

***color only** picture (black & white and sepia photos will not be accepted)

***vertical pose** *subject is photographed from **waist up or closer** *one portrait per senior

***no** props, sports gear, musical instruments, pets, hats, sunglasses, hand gestures, and **no** clothing with inappropriate words/images

***BOTTOM LINE: WE WANT YOU TO BE THE FOCUS OF THE PORTRAIT**

***images** must be jpeg (**1-3 megabytes**) on a CD or emailed as attachments to **bobmc@bobmccconnell.net**

*students' **names MUST accompany portraits** and must be spelled correctly

*studios submitting pictures for several students may place the images on a CD and include the studio name and phone number, along with a printed list of students' names

*studios emailing photos should send no more than 10 per email as attachments

*please send "final" portraits, not those that are still in Photoshop

PLEASE KEEP SENIOR PORTRAITS SEPARATE FROM GRAD AD PHOTOS.

Thank you for your help in creating a great yearbook.

Bob McConnell, adviser

566-2377

bobmc@bobmccconnell.net

SENIOR PORTRAIT DUE BY January 30, 2015

HANDS-ON Health

Health Wave Newsletter, November 2014

Visit us on our website at www.healthwaveinc.com

Influenza Prevention

Late fall and winter time is the "Flu-Season," when colds, sniffles, and sneezing make life miserable for a few days or a week, and may prompt visits to the physician or emergency room for relief. Most of these colds are caused by common viruses and not influenza viruses, which can be more troublesome, longer-lasting and threatening than common cold viruses.

Flu Facts:

- **Seasonal influenza**—or flu—like the common cold, **is a respiratory infection caused by viruses**. But the flu differs in several ways from the common cold. For example, people with colds rarely get fevers or headaches or suffer from the extreme exhaustion that flu viruses cause. The most familiar aspect of the flu is the way it can 'knock you off your feet' as it sweeps through entire communities (See *Cold/Flu comparison chart on the next page*)
- Although flu epidemics happen every year, the beginning, severity, and length of the epidemic depends on many factors, including the different types and strains of influenza viruses circulating and whether the viruses in the vaccine match flu viruses that are circulating.
- Influenza is a **serious disease that can lead to hospitalization and sometimes even death**. Over a period of 31 seasons between 1976 and 2007, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people.
- Flu is **spread through coughing or sneezing**. You can also get the flu



simply by **touching a surface like a telephone or door knob that has been contaminated by a touch from someone who has the flu**. The viruses can **pass through the air and enter your body through your nose or mouth**. If you've touched a contaminated surface, they can **pass from your hand to your nose or mouth**.

You are at **greatest risk** of getting infected in highly populated areas, such as in **crowded living conditions and in schools**.

- Most people **recover from the flu within one to two weeks**. But some develop serious complications such as pneumonia, ear infections, sinus infections, dehydration, and worsen-

In This Newsletter:

Influenza Prevention

Acquaint yourself with the facts about "flu-season" and learn the latest CDC recommendations for vaccinations. (see **pages 1-4**) Is it a cold or the flu? (see **page 2**) Check out the simple preventive actions you can take. (see **page 4**) Print out, distribute and/or post the attached CDC 'Take 3 Steps' poster. (see **page 5**)

ing of chronic medical conditions such as congestive heart failure, asthma, or diabetes.

Some individuals—particularly **elderly people, young children, and people with chronic medical conditions**—are at higher risk for flu-related complications. Vaccination of these groups and of health care personnel is critical.

- Although some people get a mild fever, body aches, and fatigue for a few days, **you can't get the flu from a flu shot**. Soreness at the injection site is a common side effect of the flu shot.



Is It A Cold or the Flu?



Symptoms	COLD	FLU
Fever	Rare	High for 3 to 4 Days
Headache	Rare	Prominent
Aches, Pains	Mild	Severe for Weeks
Fatigue, Weakness	Mild	Can last up to 2-3 weeks
Extreme Exhaustion	Never	Early and Severe
Stuffiness	Common	Sometimes
Sneezing	Usually	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; Hacking cough	Common; can become Severe
Complications	Sinus congestion or earache	Bronchitis, Pneumonia, Can be Life-Threatening
Prevention	None	Annual Flu Vaccine, Anti-Viral Medicines (see your doctor)
Treatment	Only temporary relief of symptoms	Anti-Viral Medicines (see your doctor)

Source: National Institute of Allergy and Infectious Diseases, NIH

Vaccination Is The Key Component Of Influenza Prevention

CDC recommends a yearly flu vaccine as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the flu vaccine is designed to protect against the three main flu strains that research indicates will cause the most illness during the flu season. The vaccine can protect you from getting sick from these three viruses or it can make your illness milder if you get a different flu virus.

"One of the biggest challenges in the fight against influenza is producing new vaccines every year," says Jesse L. Goodman, M.D., M.P.H., Director of the Food and Drug Administration's (FDA) Center for Biologics Evaluation and Research. "There is no other instance where new vaccines must be made every year. The approval of flu vaccines is a part of FDA's mission to promote the health of Americans throughout the year."

Experts from FDA, CDC, the World Health Organization, and other institutions annually study virus samples and disease patterns collected worldwide in an effort to identify strains that may cause the most illness in the upcoming season. In addition, CDC conducts vaccine effectiveness studies to determine how well the vaccine protects against illness. However, it's important to remember that even during seasons when the vaccine is not optimally matched to predominant circulating viruses, *CDC and other experts continue to recommend flu vaccine as the best way to protect against the flu.*

Autumn is the best time to get vaccinated, although getting the vaccine in the winter months when flu season often peaks is also recommended.

Flu activity typically does not reach its peak in the U.S. until January or February. Getting the flu vaccine soon after it becomes available each year is always a good idea, and the protection



you get from vaccination will last throughout the flu season. However, flu activity can occur as late as May so getting a vaccine later in the season, including in December, January or even later, and even if flu activity has already started in your area, can still offer protection in most years.

There are two kinds of influenza vaccines:

- The **flu shot** contains an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.
- The **nasal-spray flu vaccine** — a vaccine made with live, weakened flu viruses that is given as a nasal spray (sometimes called LAIV for "Live Attenuated Influenza Vaccine").

Starting in 2014-2015, CDC recommends use of the nasal spray vaccine (LAIV) for healthy children* (see sidebar) 2 through 8 years of age, when it is immediately available and if the child has no contraindications or precautions to that vaccine.

* **Some children 2 through 8 years old should not get a nasal spray vaccine.**

This includes:

- Children who are getting aspirin therapy, or taking medicines that contain aspirin;
- Children who have a weakened immune system (immunosuppression);
- Children with a history of egg allergy;
- Children 2 through 4 years old who have had asthma or wheezing during the last 12 months;
- Children who have taken influenza antiviral medications (for example, Tamiflu® or Relenza®) within the last 48 hours.

These children may be able to get a flu shot instead.



Who Should Get Vaccinated?

In general, anyone who wants to reduce their chances of getting the flu can get vaccinated. However, certain people should get vaccinated each year either because they are at high risk of having serious flu-related complications or because they live with or care for high risk persons.

The CDC has identified the following people who should get vaccinated each year:

1. Children aged 6 months up to their 19th birthday
2. Pregnant women
3. People 50 years of age and older
4. People of any age with certain chronic medical conditions
5. People who live in nursing homes and other long-term care facilities
6. People who live with or care for those at high risk for complications from flu, including:
 - a. Health care workers
 - b. Household contacts of persons at high risk for complications from the flu
 - c. Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

Everyday Preventive Actions Include:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.



- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

- Try to avoid close contact with sick people.
- If you get the flu, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth. Germs spread this way.



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Please print out, distribute and/or post the attached CDC 'Take 3 Steps' poster. (see page 5)

CDC Says: “Take 3” Steps to Fight the Flu

Flu is a serious contagious disease.

Each year in the United States, on average:

- More than 200,000 people are hospitalized from flu complications.
- 20,000 of those hospitalized are children younger than 5 years old.
- 36,000 people die from flu.

The Centers for Disease Control and Prevention (CDC) urges you to take the following steps to protect yourself and others from influenza (the flu):



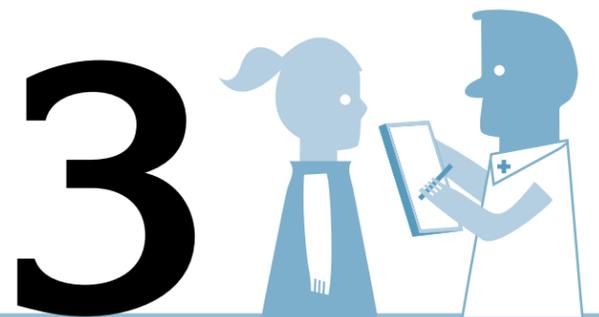
1 Vaccinate

- Take time to get a flu vaccine.
- CDC recommends a yearly flu vaccine as the first and most important step in protecting against this serious disease.
- While there are many different flu viruses, the flu vaccine protects against the three main flu strains that research indicates will cause the most illness during the flu season.
- The vaccine can protect you from getting sick from these three viruses or it can make your illness milder if you get a different flu virus.
- Getting a vaccine is very important for people at high risk for serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart or lung disease, and people 65 years of age and older.
- People who live with or care for those at high risk should also get a flu vaccine to protect their high-risk contact.



2 Stop Germs

- Take everyday preventive actions.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- If you get the flu, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth. Germs spread this way.



3 Antiviral Drugs

- Take flu antiviral drugs if your doctor recommends them.
- If you do get the flu, antiviral drugs are an important treatment option. (They are not a substitute for vaccination.)
- Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body.
- Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. This could be especially important for people at high risk.
- For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).
- Flu-like symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches.



For more information about flu, visit www.cdc.gov/flu