



HOW DOES TRACKING MY SYMPTOMS HELP ME?

With Flu Near You, you can access and contribute to a data stream about flu-like illness in your community.

It allows you to track and visualize flu data, both locally and nationally, and learn when to take appropriate preventive measures when flu activity is elevated.

IS THE INFORMATION ACCURATE?

When more people participate and complete their weekly surveys, this information will be more reliable in showing how much flu activity is occurring where you live.

The data have been used for the past four flu seasons, and have shown trends consistent with the Centers for Disease Control and Prevention (CDC) national flu data.

MAKE YOUR DATA INFLUENTIAL...

And help enhance health in your community!

WHO CREATED FLU NEAR YOU?

Flu Near You is a collaboration between HealthMap at Boston Children's Hospital, the American Public Health Association, and the Skoll Global Threats Fund.

It was created to track flu-like illness across the U.S. in real-time and to provide an early signal of flu activity.

FUTURE OF FLU NEAR YOU

Flu Near You plans to capture a broader range of symptoms to track more illnesses and emerging public health threats.

It will still capture influenza-like illnesses and be a useful tool to track influenza in your community.

The Virginia Department of Health encourages residents of Virginia to register and become active participants in disease tracking and surveillance. These data will add to traditional flu surveillance efforts and awareness.



Sources for contents of this pamphlet:
Flu Near You and National Association of County and City Health Officials (NACCHO)

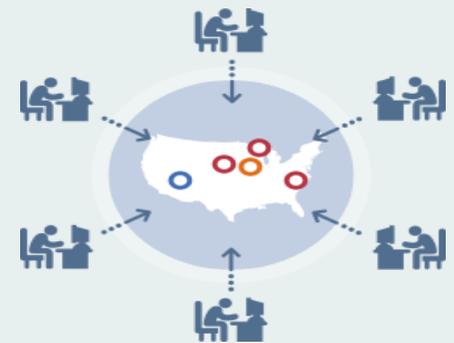
TRACK THE



WITH FLU NEAR YOU



YOU can make a difference in flu surveillance!



Sign up today at
FluNearYou.org

DID YOU KNOW...

Every year, millions of Americans become ill with influenza (commonly known as the “flu”), which can cause mild to severe illness.

Serious complications with flu do occur, resulting in hospitalizations and death.

Everyone can get the flu, and that means YOU!

The best way to prevent the flu is to get vaccinated. Other ways to protect yourself are to stay away from those who are sick, cover your coughs and sneezes, and always wash your hands.

WAIT, THERE'S MORE...

Did you know that you could play a bigger role in flu tracking and prevention?

Join thousands of other volunteers across the nation in monitoring the flu.

You can take steps to protect yourself and your family against disease by participating in Flu Near You!

WHAT IS FLU NEAR YOU?

Flu Near You is a real-time disease tracking system that engages you, your family, and your friends directly in flu tracking and prevention.

- ⇒ **See flu activity in your area**
- ⇒ **Find nearby locations that offer flu vaccines**
- ⇒ **Complete quick and easy surveys to build flu awareness**
- ⇒ **Connect to local public health resources**



HOW CAN I PARTICIPATE?

Join 60,000+ Flu Trackers reporting their symptoms!

To participate, all you have to do is register at **FluNearYou.org**.

Any resident of the U.S. or Canada who is at least 13 years old can participate. It's free and anonymous.

Flu Near You allows individuals to register using its website, a mobile application, or Facebook.



HOW LONG WILL IT TAKE?

It only takes a few seconds to get started!

You will be asked to enter your sex, date of birth, zip code, and email address. You can even report for household members who are too young to register.

After your registration is confirmed, you can complete your first health survey.

Each week, you will complete a health survey where you report if you or your family members have been healthy or sick in the past week.

It is really fast and easy! The weekly survey usually takes less than 30 seconds.

WHAT ARE FLU-LIKE SYMPTOMS?

Common symptoms of the flu include:

- Fever
- Cough
- Sore Throat
- Runny Nose
- Body Aches
- Headache
- Fatigue



A weekly health survey via email will ask you to check what symptoms you had the prior week.

HOW DO I KNOW IF I HAVE THE FLU?

The only way to know if you actually have the flu is by a test performed by your doctor.

Flu Near You is looking at symptoms, rather than an actual flu diagnosis. That way everyone who felt sick can be counted, regardless of whether or not they went to see their doctor.

Even though the focus is flu, it is important to know when people are sick with other illnesses, too. Reporting is not limited to only people whose symptoms are related to flu.

If you've had no symptoms all week, you simply report “no symptoms.”