

FIGHT THE FLU

What are the symptoms of the flu?

- A cough and/or sore throat
- A runny or stuffy nose
- Headaches and/or body aches
- Chills
- Fatigue
- Nausea, vomiting and/or diarrhea
- A 100 degree fever or higher (not everyone with the flu has a fever)



What can I do to prevent the flu?

- Get the flu shot
- Avoid close contact with sick people
- Wash your hands with soap and water frequently
- Avoid touching your eyes, nose and mouth
- Clean and disinfect surfaces
- Cover mouth when sneezing or coughing
- Do not share food or drink

What do I do if I get the flu?

- Stay home from work or school for at least 24 hours after the fever is gone
- Limit contact with other people
- Seek medical attention for any of the following symptoms
 - Difficulty breathing or shortness of breath
 - Purple or blue discoloration of the lips
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion
 - Severe or persistent vomiting
 - Seizures
 - Flu-like symptoms that improve but then return with fever and worse cough

Always check with your doctor for any questions or concerns!!!!

