



# INFLUENZA PROTOCOL

GET TESTED. STAY HOME. STAY SAFE.

## SYMPTOMS OF INFLUENZA

- FEVER
- RUNNY NOSE
- SORE THROAT
- CONGESTION
- FATIGUE
- DIFFICULTY BREATHING
- SHORTNESS OF BREATH
- COUGHING
- VOMITING

Influenza and COVID-19 are very similar and cannot be diagnosed by the symptoms alone because many of the signs and symptoms are the same. Testing is needed to confirm a diagnosis and have proper treatment.

## PREVENTION OF INFLUENZA

- The CDC recommends everyone over 6 months of age should get a flu vaccine annually, especially if you are someone that is categorized as higher risk (People with Asthma, Lung Disease etc.)
- Wash your hands often with soap and water. If you are in a place where soap and water is not available, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth.
- If you are sick, limit contact with others as much as possible to keep from infecting them. The CDC recommends that people stay home for at least 24 hours, until your symptoms are improving overall and you do not have a fever.
- Improve the environment with air quality by bringing in fresh outside air, purifying indoor air, or gathering outdoors. Cleaner air can reduce the risk of exposure to viruses.



**SCAN HERE TO  
REPORT AN ABSENCE**

*Notices must be made on the day of the absence  
or by 3:30 the following day*