



ARE YOU AT RISK OF GETTING THE FLU?

How do you get the flu?

The Flu virus spreads through coughing or sneezing. It also spreads by touching something that a sick person has touched and then touching your eyes, nose or mouth. The illness can be mild, like a bad cold, or it can be very serious.

How do know you have the flu?

Sometimes you can have the flu and not know it. Here are some signs that you might have the flu:

- High fever (temperature higher than 100 degrees)
- Headache
- Fatigue
- Dry cough
- Sore throat
- Runny or stuffy nose

Children and some adults may also have:

- Upset stomach
- Vomiting

What should you do if you get the flu?

There is no instant cure for the flu. But there are things you can do to help yourself feel better:

- Get plenty of rest
- Drink lots of liquids like water, fruit juice and thin soups
- Stay home and rest

You can buy over the counter medicines that treat the flu symptoms at the store. **THEY WILL MAKE YOU FEEL BETTER BUT THEY WILL NOT CURE THE FLU !!!**

REMEMBER: *Stay home when sick and keep children home from school. Cover your mouth and nose when you cough or sneeze. Wash your hands often and thoroughly.*

COVER YOUR MOUTH !!! COUGHING AND SNEEZING SPREAD THE FLU.

