

# SHOO THE FLU!



## How can you catch the flu?

The flu is contracted by breathing contaminated air or by touching something that has the flu virus on it and then touching your nose or mouth.

## What are symptoms of the flu?

- Sudden onset of fever
- Headache
- Extreme tiredness
- Muscle aches
- Cough and/or sore throat
- Runny or stuffy nose

## What can you do to prevent the flu?

- Get the flu vaccine!
- Avoid close contact with people who are sick.
- Wash your hands often to protect against germs.
- Avoid touching your eyes, nose, and mouth to deter contamination.
- Get plenty of sleep, eat a nutritious diet, stay active, and keep stress levels low.