

# SHOO THE FLU!

## HOW CAN YOU CATCH THE FLU?

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

## WHAT ARE THE 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 a flu vaccine – the U.S. Centers for Disease Control and Prevention (CDC) recommends that all people over the age of 6 months receive an annual 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 in case your hands are contaminated with the illness.

