

HEALTH ALERT

FLU

FLU PREVENTION

How can you best protect yourself from the flu?

- [Get your flu shot](#) if you haven't – it's never too late!
- Always wash your hands and keep hand sanitizer close by
- Cover your cough or sneeze
- Stay home if you are sick or have influenza-like symptoms so you don't get others sick!

FLU SYMPTOMS

The flu is a contagious respiratory viral infection that can cause mild to severe illness, even hospitalization or death. Influenza or flu-like symptoms include:

- Cough or sore throat
- Fever of 100° F or higher
- Headache
- Fatigue
- Muscle Aches
- Runny or Stuffy Nose
- Nausea, vomiting and/or diarrhea