The best way to prevent the flu is by getting a FLU VACCINE each year.

The flu is a contagious viral respiratory illness that is mainly spread when infected people cough, sneeze and talk.

**WHAT TO KNOW ABOUT THE FLU**

**SYMPTOMS**
- Fever/Chills
- Sore throat
- Runny or stuffy nose
- Cough
- Muscle aches
- Headache
- Fatigue
- Vomiting and Diarrhea
  (more common in children than adults)

**WHO SHOULD RECEIVE A VACCINE?**
Everyone 6 months and older, especially:
- Pregnant women
- People 65 years and older
- Children between 6 months and 5 years old
- People with chronic medical conditions

IF YOU SUSPECT YOU HAVE THE FLU:
- COVER YOUR COUGHS AND SNEEZES
- WASH YOUR HANDS
- STAY HOME FROM WORK AND SCHOOL

**Our Purpose is You.**
PRESBYTERIAN MEDICAL SERVICES

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