

WHAT TO KNOW ABOUT THE FLU

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



► 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

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



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