

ARE YOU SICK? STAY HOME!



Flu symptoms:

- ◆ fever (over 100.5F)
- ◆ headache, muscle aches
- ◆ extreme tiredness
- ◆ cough, sore throat, runny or stuffy nose
- ◆ nausea, vomiting, and diarrhea (more common in children)

If you are sick, avoid infecting others:

- ◆ stay home
- ◆ cover your cough & sneezes
- ◆ get plenty of rest
- ◆ drink fluids & eat healthy
- ◆ wash your hands
- ◆ keep your distance from others



You can spread the flu to others before your symptoms begin & for another three to four days after your symptoms appear