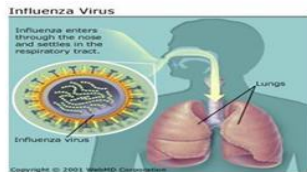


Prevent Catching and Spreading the Flu (Influenza)

WHAT IS THE FLU?

The Flu (or Influenza) is an infection that causes fever, chills, cough, body aches, headaches, and sometimes earaches

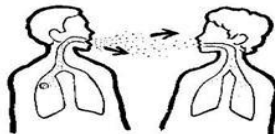
The Flu is caused by the *influenza virus*. A virus is an organism too small to see with the naked eye.



HOW THE FLU IS SPREAD

The flu is spread when:

- Droplets from a cough or sneeze of an infected person move through the air and infect someone else.



- Contaminated hands come in contact with the eyes, nose or mouth.



PREVENT SPREADING THE FLU

Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand sanitizer.



Keep your hands from your face. Try not to touch your eyes, nose, or mouth if hands are not clean.

Cover your mouth and nose when sneezing or coughing.

Sneeze or cough in a tissue then throw it away OR Sneeze or cough into your sleeve or elbow. **DO NOT** cough or sneeze in your hand.



Disinfect common surfaces such as doorknobs, light switches, keyboards and other surfaces. Clean them often with soap and water and a disinfectant such as Clorox

IF YOU HAVE THE FLU

Stay home from school or work until the symptoms are gone.

Drink plenty of water
Eat nutritious food
Get plenty rest

PERSONS AT HIGH RISK OF DEVELOPING COMPLICATIONS

- Children younger than 5, but especially children younger than 2 years old
- Adults 65 years of age and older
Pregnant women
- Persons with lung, heart, blood, kidney, and liver conditions
- Persons with conditions of the immune systems eg HIV or AIDS, or cancer
- Persons with Diabetes
- Persons on certain medications (Ask your doctor)

NOTE:

If your symptoms do not go away or get worse, visit your nearest health care facility.

If your child develops a fever (100°F or higher), breathing problems, or is less responsive than normal, contact your doctor immediately.

**FOR MORE INFORMATION
VISIT YOUR NEAREST HEALTH CARE
FACILITY AND TALK WITH YOUR
DOCTOR AND /OR NURSE**