

Shoo the FLU



It's Time to Shoo the Flu!

Every year, between 5 and 20 percent of the U.S. population gets the flu, according to the Centers for Disease Control and Prevention (CDC).

How can you catch the flu?

The flu is contracted by breathing in contaminated air from someone who already has the virus, or by touching something that has the flu virus on it and then touching your nose or mouth.

What are symptoms of the flu?

- Sudden onset of fever
- Headache
- Extreme tiredness
- Muscle aches
- Cough and/or sore throat
- Runny or stuffy nose

What can you do to prevent the flu?

- Get a flu vaccine – the CDC recommends that all people over the age of 6 months receive an annual flu vaccine.
- Avoid close contact with people who are sick.
- Wash your hands often to protect against germs.
- Avoid touching your eyes, nose and mouth in case your hands are contaminated with the illness.
- Get plenty of sleep, stay physically active, eat a nutritious diet and keep your stress level low.