



<p>Help <u>SPOT</u> the FLU</p> <ul style="list-style-type: none"> • Sudden fever (100 or Higher) • Cough • Achy muscles - Fatigue - Chills • Headache • Sore throat 	<p>Help <u>STOP</u> the FLU</p> <ul style="list-style-type: none"> • Wash hands often • Get vaccinated against the flu • Eat nutritious foods & exercise • Get a good night's sleep • Cover your coughs/sneezes
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START HEALTHY HAND WASHING HABITS TODAY!

Washing your hands is one of the best ways to stop the spread of germs and illness.

Cold or Flu? The flu is an infection of the respiratory system that is caused by the influenza virus. In general, it is worse than the common cold, and symptoms such as fever, body aches, extreme fatigue, and dry cough are more common and intense. Colds are usually milder than the flu and are caused by many different viruses. People with colds are more likely to have a stuffy or runny nose.

STUDENTS WITH A FEVER, SIGNIFICANT COUGH, NASAL CONGESTION, VOMITING OR DIARRHEA SHOULD STAY HOME.

www.MartinCountyHealth.com

www.cdc.gov www.flu.gov/#