

# Flu Prevention

Help prevent the spread of respiratory diseases like Influenza & COVID-19.

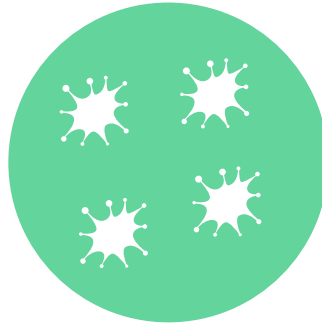
## Stop Germs!

**Get the Flu vaccine.**

**Avoid close contact with people who are sick.**

**Clean and disinfect frequently touched objects and surfaces.**

**Cover your cough or sneeze with a tissue, then throw the tissue in the trash.**



**Stay home when you are sick, except to get medical care.**

**Wash your hands often with soap and water for at least 20 seconds.**

**Avoid touching your eyes, nose, and mouth.**

**Use hand sanitizers.**

## Feeling sick?

**Common Flu Signs & Symptoms Include:**

**Fever or feeling feverish/chills**

**Runny or stuffy nose**

**Headaches**

**Vomiting or Diarrhea**

**Fatigue (tiredness)**

**Cough/Sore throat**

**Muscle or body aches**

## SICK WITH THE FLU? KNOW WHAT TO DO!

**If you are sick and think you may have the flu:**

- 1. Stay home from work**
- 2. Tell your supervisor**

CDC recommends that you stay home for at least 24 hours after your fever (100 degrees Fahrenheit or 37.8 degrees Celsius) is gone. Your fever should be gone without the need to use a fever-reducing medicine.

**For more information visit:**

**[www.cdc.gov/flu](http://www.cdc.gov/flu)**

**[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)**

**[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)**

**[www.who.int/emergencies/diseases](http://www.who.int/emergencies/diseases)**