



# Avoid the Flu

## Take Care of You

### Flu symptoms:

- Fever
- Headache
- Muscle aches
- Chills
- Dry cough
- Runny nose
- Fatigue
- Vomiting
- Diarrhea

- ▶ Wash your hands often with soap and water or an alcohol-based hand sanitizer
- ▶ Don't share personal items (drinks, food, unwashed utensils).
- ▶ Cover your coughs and sneezes with tissue or cough into your elbow, sleeve or arm if tissue is unavailable.
- ▶ Avoid touching eyes, nose and mouth

