



FACT SHEET

Help Prevent the Flu

Know the symptoms of flu

- Fever (usually high)
- Headache
- Extreme Tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches



Practice Good Health Habits

- Wash your hands often with soap and water
- Cover your coughs and sneezes
- Try not to touch your eyes, nose, or mouth
- Avoid close contact with people who are sick
- Stay home when you are sick



Other healthy habits

- Get plenty of sleep
- Be physically active
- Manage your stress
- Drink plenty of water
- Eat healthy foods



Antiviral Drugs

- There are antiviral drugs to treat and prevent the flu
- These drugs must be prescribed by a doctor and should be started within two (2) days after getting sick.

