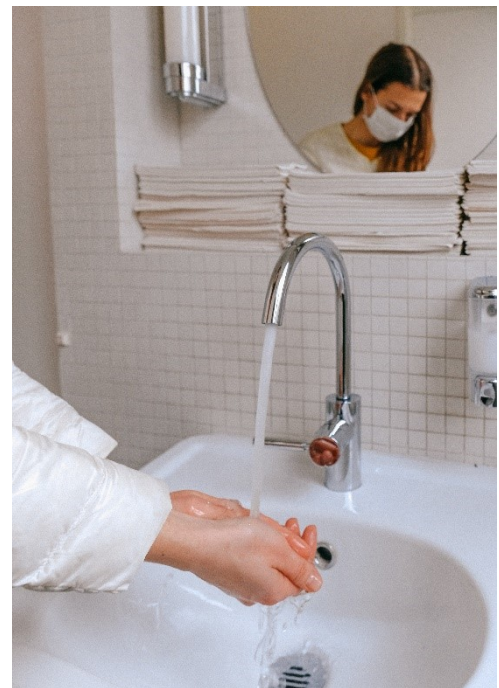


## Flu Symptoms

- Fever or feeling feverish/chills (not everyone with flu will have a fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Diarrhea and vomiting (more common in children than adults)

## Tips to Help Prevent Flu...

- Get Vaccinated.** Recommendations for getting the flu vaccine extend to everyone 6 months of age and older. Especially consider vaccination for those at high risk.
- Avoid Close Contact.** Avoid close contact with people who are sick. If you are sick stay home to prevent spreading to others.
- Cover Your Mouth and Nose.** Cover your mouth and nose with a tissue or cough or sneeze into your elbow to prevent spreading germs.
- Wash Your Hands.** Wash your hands often to help protect against germs. If you don't have soap and water, use an alcohol-based hand rub.
- Avoid Touching Your Eyes, Nose or Mouth.** Germs are often spread by touching something that is contaminated and then touching eyes, nose, or mouth.
- Practice Good Health Habits.**
  - Clean and disinfect frequently touched surfaces everywhere (home, work, school etc.).
  - Get enough hours of sleep.
  - Exercise - stay active.
  - Manage stress levels.
  - Drink plenty of fluids, especially water.
  - Eat nutritious meals.



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For more information, visit [cdc.gov/flu](https://www.cdc.gov/flu)