

# 5 Helpful Tips for Flu Season

Keep your family healthy with these simple steps!

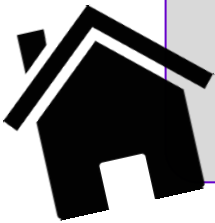
## 1. Wash your hands frequently.

Wash your hands after sneezing or coughing and before eating a meal.



## 2. Stay home when you are sick.

Stay home for 24 hours after your last fever to protect yourself and others.



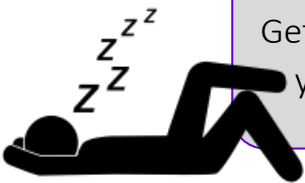
## 3. Boost your immune system.

Eat plenty of fruits and vegetables.  
Take a daily multi-vitamin.



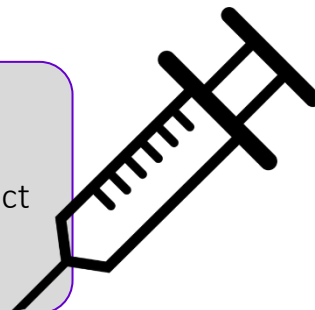
## 4. Get plenty of rest.

Getting 7-8 hours of sleep each night helps your body rest and fight off infections.



## 5. Get the flu vaccine!

The flu vaccine is the best way to protect yourself against illness.



## What is the flu?

Influenza is a viral infection that infects your respiratory system. The flu can last from a few days to a couple weeks. Usually it resolves on its own, but complications may arise in young, immunocompromised, or elderly individuals. These complications, such as pneumonia, can be fatal if left untreated. The flu virus is transmitted in air droplets when an infected individual coughs or sneezes. Transmission can occur directly through contact with the infected person or indirectly through contact with contaminated surfaces.

## What are the symptoms?

- Cough
- Sore Throat
- Fever
- Headache
- Fatigue
- Body Aches
- Chills
- Nasal congestion

**The flu season runs from October-February each year.**