

## Flu Facts!

Flu season is here! Influenza, or the flu, is a very contagious viral infection, which infects the nose, throat, and lungs. Peak flu season is between late December and early March. The influenza virus's most common way of spreading is by "droplet transmission" which occurs when an infected person coughs or sneezes droplets of virus into the air that enter the nose or mouth of people nearby. The flu virus also can be spread when a healthy person touches droplets from an infected person and then touches his mouth or nose without first washing hands.

Help protect yourself and others from the flu this season by practicing the following habits:

- \*Wash your hands thoroughly and often
- \*Don't share drinks
- \*Cover your mouth when sneezing and coughing
- \*Avoid touching your eyes or mouth
- \* Avoid people who are sick
- \*Stay home if sick and keep students home with signs of the flu or colds:
  - \* If you have a stuffy nose, sneezing, sore throat and cough you probably have a cold!
  - \* If you have a high fever, headache, muscle and body aches, tiredness, and a dry cough you probably have the Flu

What do to if the Flu catches up to you: Contact your health care provider and stay home from school! Your doctor will decide how to best treat your symptoms.

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