

SAIL THE FLU AWAY

#INFLUENZNAH

cold & flu viruses
can live up to
24 hours
on hard surfaces
like desks
& tables



THE SINGLE **BEST** WAY TO
prevent the **flu**
is by getting
vaccinated



THE FLU SHOT
can **NOT**
give you the flu

flu shots are
FREE at the
WELLNESS CENTER

WHAT IS THE BEST
TREATMENT FOR
THE **flu**?

liquids, REST
&



antiviral medicine

symptoms & signs

congestion SORE THROAT
MUSCLE & **FATIGUE** CHILLS
BODY aches FEVER

ON AVERAGE more than
3 MILLION U.S.
cases PER YEAR



ADULTS are contagious

1 day BEFORE
SYMPTOMS APPEAR
& up to 5-7 days
after becoming
sick



PEAK levels generally
occur between DEC &
DEC MAR





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