

Maybe she's more than cranky?

Sick babies should be home.

Your baby may have the flu if:

They are coughing or sneezing, and suffering from a fever, headache, chills or body aches. And these symptoms came on suddenly.

The flu is most contagious early in the illness.

If you believe your baby is coming down with the flu, have them stay home. Keep hands clean, and coughs and sneezes covered. Consider seeing the doctor.

Prevent the flu— it's in your hands!

- **Get flu vaccines in October. The earlier the better.**
- Wash hands often with soap and water. No soap and water? Use an alcohol-based hand sanitizer.
- People who may be sick should not touch your baby.
- Clean and disinfect frequently touched surfaces.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Stay home when you're sick, and keep your baby home when they're sick.

FluFreeFlorida.com

