



caught the flu?

no school for you!

Your child 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 child 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.
- Teach your child to not touch or shake hands with people who are sick.
- Clean and disinfect frequently touched surfaces.
- Teach your child to cover their mouth and nose with a tissue when coughing or sneezing. No tissue? Cough or sneeze into upper shirt sleeves or elbow, not hands.
- Stay home when you're sick, and keep your children home when they're sick.

FluFreeFlorida.com

