

# gesundheit! and go home



## If you caught the flu, no work for you.

### You may have the flu if:

You 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 you're coming down with the flu, go home or stay home. Keep your hands clean, and coughs and sneezes covered. Consider seeing your doctor.

### Prevent the flu—it's in your hands!

- **Get your flu vaccine in October. The earlier the better.**
- Wash your hands often with soap and water. No soap and water? Use an alcohol-based hand sanitizer.
- Don't touch or shake hands with people who are sick.
- 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 children home when they're sick.



[FluFreeFlorida.com](http://FluFreeFlorida.com)