



WANNA HANG WITH YOUR FRIENDS? THEN DON'T GET SICK!

Tips for staying healthy during flu season:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you don't have a tissue, do not sneeze or cough into your hand. Use your sleeve by your elbow.
- Wash your hands a lot during the day, when you come home and before you eat, and always after coughing or sneezing.
 - Rub your hands together with warm water and soap until you see bubbles, and keep rubbing for at least 15 to 20 seconds.
 - Wash your whole hand, including your wrists, between your fingers and under your fingernails, and the backs of your hands. Rinse well. Dry your hands with a clean cloth or paper towel.
 - When you are not near warm water and soap, use alcohol-based hand sanitizers.
- Do not touch your eyes, nose or mouth. Germs spread this way.
- Try to stay away from sick people. Don't hang out with your friends if they are sick.
- If you get sick, make sure you drink fluids like water, ginger ale and orange juice. Eat easy to digest foods like crackers, and soups like chicken noodle.

If you have any of these symptoms, tell an adult and have them call your doctor right away. The doctor will decide how to treat you.

- Fever
- Cough
- Sore Throat
- Body aches
- Headaches
- Chills and low energy
- Sometimes, diarrhea and vomiting

These are all signs of the flu.

STAY HOME IF YOU'RE SICK!

