

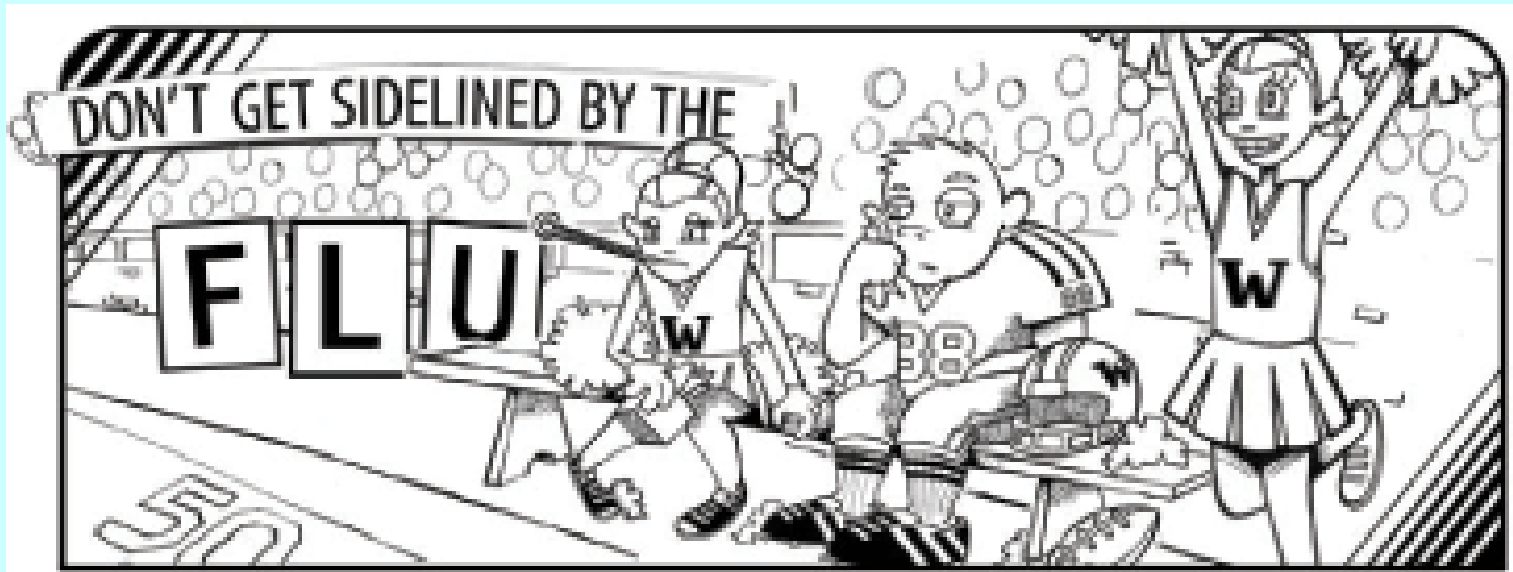
What You Can Do to Stop the Flu!

Influenza Prevention for Middle School Students



HEALTH
DEPARTMENT
Caring today for a healthy tomorrow

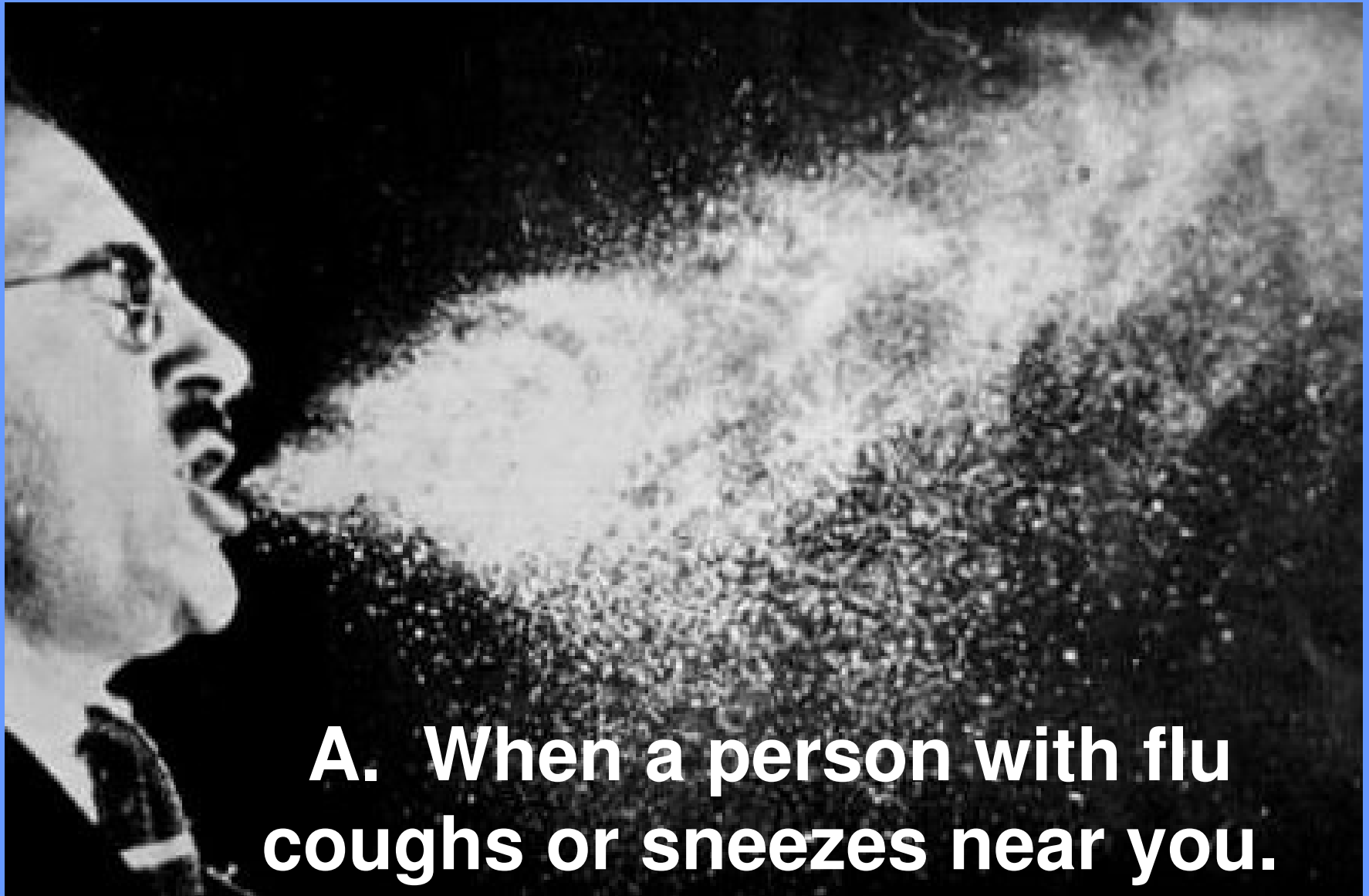
Revised September 2016



What is Influenza (the Flu)?

- Flu is a respiratory infection caused by influenza viruses.
- Flu can be mild to severe and, at times, can cause death.

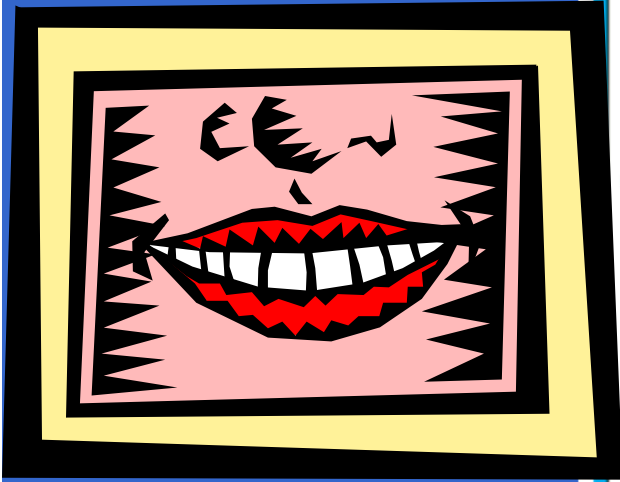
How Flu Spreads



A. When a person with flu coughs or sneezes near you.

How Flu Spreads

B. When you touch something that has flu viruses on it and then you touch your mouth or nose with your hand.



What Are the Top 10 Ways to Spread Germs?

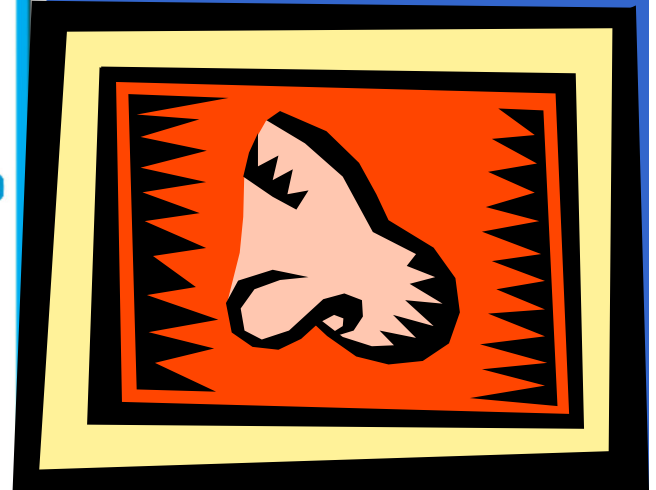
A diagram of two blue hands, palms facing each other. The fingers are numbered 1 through 10 in blue. The left hand has fingers 1-4, and the right hand has fingers 5-10.

CLEAN YOUR HANDS

Wash with soap & water

 www.publichealth.va.gov/InfectionDontPassItOn  Department of Veterans Affairs

Wash 3 - All



How Flu Spreads

C. By close contact with people who have the flu virus.



Flu Symptoms



- High fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Tiredness
- Runny or stuffy nose
- Nausea, vomiting, and diarrhea (more common in children)

Getting the flu vaccine every year is the single best way to fight the flu.



“Flu Shots”

Healthy Habits Can Stop Flu

- **Get enough sleep.**
- **Exercise to stay strong.**
- **Drink lots of fluids.**
- **Eat healthy foods.**
- **Try to stay away from people while they are sick.**



Good Manners = Good Prevention



- Cover your mouth and nose with a tissue when you cough or sneeze.

Don't have a tissue?

- Cough or sneeze into your elbow or shoulder if you don't have a tissue.

Then wash your hands or use a hand sanitizer!



Wash Flu Viruses Away!

- **Wash your hands often with soap and water.**
 - Make sure to wash after coughing, sneezing, or blowing your nose!

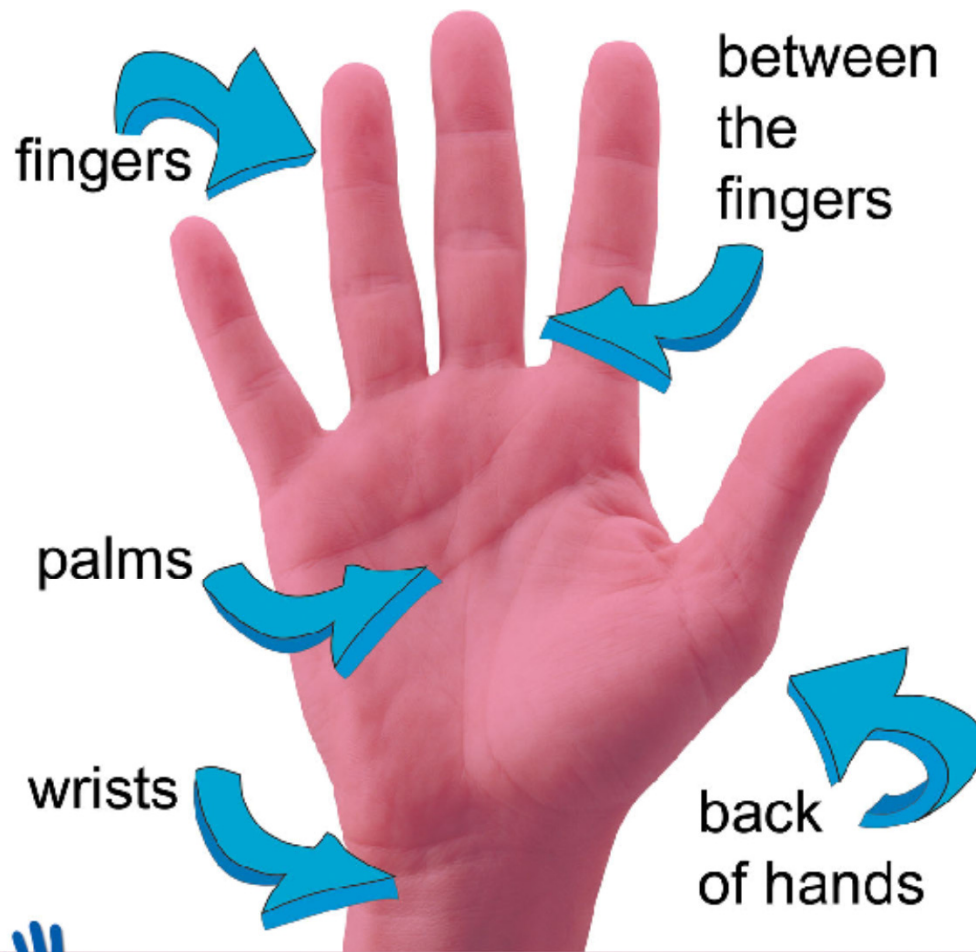




- Wash your hands with soap and water for at least **20 seconds** – this is the time it takes to sing “Happy Birthday” **2 times!**

WHERE TO WASH

Wash all surfaces thoroughly



**What if there's no
soap and water?**



You can use an alcohol-based
hand sanitizer.
Rub the gel or foam all over your hands
and fingers until they dry.

Stay Home if You Are Sick!

- Keep your germs to yourself!



**Keep 'em
home!**



www.flu.gov »

Flu Spreads Quickly!

- ▶ Wherever lots of things are shared like in public places, at school, or at work, **hand washing** will help prevent infection.
- ▶ **Stock up** on tissues, hand sanitizer and related flu season items now.





**More information on flu
can be found at
www.cdc.gov/flu**

