



Flu Prevention

The flu is a contagious respiratory illness caused by the influenza virus. Here are some tips for recognizing symptoms and preventing the spread of the flu.

FLU SEASON RUNS FROM OCTOBER TO MAY. FLU SYMPTOMS INCLUDE:



Fever
(not everyone with flu will have fever)



Headaches



Muscle or body aches



Fatigue

PROTECT YOURSELF FROM THE FLU BY:



Getting vaccinated annually



Washing hands to reduce the spread of germs



Avoiding people who have the flu



Staying home if you are sick to prevent spreading germs

PEOPLE WHO SHOULD AVOID THE FLU SHOT:

- People with a history of allergic reactions to chicken eggs
- Those with hypersensitivity to the vaccine

For more information visit evolution.net/healthtips

