**Protect yourself from the Flu!**

* **Get the Influenza vaccine**
* **Avoid close contact with people who are sick.**
* **Stay home from work, school, and errands when you are sick.**
* **Cover your mouth and nose with a tissue when coughing or sneezing.**
* **Wash your hands often.**
* **Avoid touching your eyes, nose, or mouth.**
* **Clean and disinfect surfaces and objects at home that may be contaminated with germs.**

**Know the Difference**

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| SYMPTOM | FLU | COLD |
| Fever | Usually 102 degrees F, but can go up to 104 degrees F and usually lasts 3-4 days | Rare in adults and older children, but can be as high as 102 degrees F in infants. |
| Headaches | Sudden onset and can be severe | Rare |
| Muscle Aches | Usually and often severe | None or very mild |
| Tiredness/weakness | Can last 2 or more weeks | Mild |
| Extreme exhaustion | Sudden onset and can be severe | Never |
| Runny nose | Sometimes | Often |
| Sneezing | Sometimes | Often |
| Sore Throat | Sometimes | Often |
| Cough | Usually and can become severe | Mild to moderate |

Centers for Disease Control and Prevention