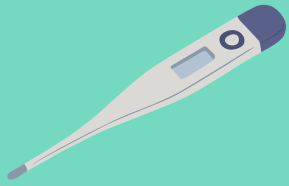


WHAT YOU NEED TO KNOW ABOUT SEASONAL FLU

Influenza or "the flu," is caused by seasonal influenza viruses that can be spread from one person to another.

HOW TO RECOGNIZE THE FLU:



Sudden high fever



Headache



Sore throat or cough



Muscle pain

What to do if you have the flu:

Cover your cough or sneeze with your arm/elbow or a tissue

Wash your hands frequently

Get plenty of rest

Drink plenty of water and eat nutrient dense foods

Seek medical care if you do not improve after several days