



HORNET HEALTHY LIVING: VOLUME 7
Please contact the School Nurse with concerns.
We are here for our students and staff!

FLU SEASON

Take everyday preventive actions that are always recommended to reduce the spread of flu.

- **The best way to prevent seasonal flu is to get vaccinated every year.**
- Avoid close contact with people who are sick.
- If you are sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.

Flu Symptoms

- fever or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some may have vomiting and diarrhea, though this is more common in children than adults.

*Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis.

Stay healthy



Wash your hands.



Get a flu shot.
It protects you and
those around you.



If you're sick,
stay home.