

ATTENTION IT'S FLU SEASON.

Influenza or flu, is respiratory illness caused by a virus and is highly contagious.

- Wash your hands regularly to help prevent getting the flu
- Experts say the best way to prevent the flu is to get a vaccination each year
- Seasonal flu shots should begin in September since outbreaks can begin as early as October



SYMPTOMS

- A high temperature, cold sweats and shivers, headache, aching joints and fatigue are all symptoms of the flu
- Coughs and sore throats are also flu symptoms

TREATMENTS

- Individuals with the flu should stay home and avoid contact with others
- Keep warm and rested
- Consume plenty of liquids
- Eat if possible and don't smoke or consume alcohol

**Ask a hospital
representative today!**

Working for a Healthier Community