

Getting the Facts on the FLU!

Flu season is upon us! Cherokee Community Health would like to provide information on the flu to help prevent and control the spread of the flu!

What is the Flu?

- **VERY CONTAGIOUS!**
- Respiratory illness that infects the nose, throat, and lungs

Signs and Symptoms:

- **FEVER**
- **COUGH**
- **SORE THROAT**
- **RUNNY/ STUFFY NOSE**
- **MUSCLE/BODY ACHES**
- **HEADACHES**
- **FATIGUE- VERY TIRED**
- **VOMITING/ DIARRHEA**

Spread:

- Spread by droplets (spit) made when people with flu cough, sneeze, talk.
- By touching anything a person with the flu has touch
- Can be infected beginning 1 day **BEFORE** symptoms even appear and up to 5 to 7 days **AFTER** becoming sick

Prevention:

- **GET YOUR FLU SHOT!**
- **WASH YOUR HANDS!**
- **USE HAND SANITIZER!**
- **COVER YOUR COUGH!**

Control the spread:

- **WEAR A MASK IF COUGHING AND GOING INTO PUBLIC PLACES!**
- **CLEAN SURFACES THAT COULD HAVE BEEN INFECTED- (CLOROX WIPES, LYSOL WIPES/SPRAY)**
- **Stay out of public areas if you have signs or symptoms**
- **Stay hydrated! Lots of fluids**