



Prevention of flu

Flu symptoms usually include the sudden appearance of:

High fever (39°C and above), cough, muscle aches, headache, chills, loss of appetite, fatigue, sore throat & runny or stuffy nose.

Some people, especially children, may also experience:

- **a stomach ache**
- **diarrhea**
- **nausea and vomiting**

In addition to getting the flu vaccine, you can also protect yourself and those around you from the flu by:

- [washing your hands](#) frequently
- coughing and sneezing into the bend of your arm, not into your hand
- avoiding touching your nose, mouth or eyes with your hands
- cleaning and disinfecting objects and surfaces that a lot of people touch, such as:
 - doorknobs
 - phones
 - television remotes
- eating healthy foods and doing physical activities to keep your immune system strong
- getting plenty of rest or sleep

If you do get sick, stay home and avoid contact with other people until your symptoms are gone. This will help prevent the spread of the virus.

Source: Public Health Agency of Canada

Heidi Pallett, School Nurse