

What Should You Know About the Flu?

What are the **symptoms** of flu?

Fever



Body aches



Coughs

Chills

Fatigue

Runny and stuffy nose

Headache

Sore throat

Sneezes

How does the flu **spread** from person to person?

The flu is spread through:

- Direct contact
- Sneezes and coughs
- Dirty surfaces

It takes **1-4 days** to show symptoms.

Someone with the flu is contagious starting **1 day before** symptoms develop and up to **7 days after**.

How can I help **stop the flu** from spreading?



- Get a flu shot. Call 802-863-7240 to find out where to get one.
- Wash hands often with soap and water. Use hand sanitizer if soap and water aren't available.
- Cover your mouth and nose when coughing and sneezing.
- Let a staff member know if you feel sick with flu symptoms.