

IT'S HERE!

FLU SEASON 2019

Flu season is here and the best treatment is prevention! Getting vaccinated, good hygiene, including proper hand washing, keeping your hands off your face and avoiding close contact with sick people goes a long way.

Symptoms of the flu may include sudden onset of fever and chills, body aches, cough, headache, fatigue, vomiting and diarrhea.

If you are sick:

- Call the health office, Main Hall, Room 127 to schedule an appointment to be evaluated 914-674-7255.
- Cover your sneezes and coughs, use disposable tissues, wash your hands frequently and stay away from large groups of people
- Take ibuprofen (*Advil, Motrin*) or acetaminophen (*Tylenol*) for fever and body aches
- Stay hydrated with non-caffeinated, non-alcoholic fluids

TAKE 3

TAKE ACTION
TO FIGHT
THE FLU



VACCINATE



STOP GERMS



ANTIVIRAL DRUGS

If prescribed by your doctor

FOR MORE INFORMATION:
Visit the Health Office
or Call **914.674.7255**

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