

# Fight the Flu!!



# **The Flu Virus Spreads by *Sneeze or Cough***



**Cover your nose  
and mouth when  
you cough or  
sneeze - or  
cough/sneeze into  
your *elbow***

## **Prevent the Spread of Germs**

- **WASH your HANDS... a lot!!**
- **Avoid touching your eyes, nose or mouth to prevent the spread of germs.**
- **WASH your HANDS ... a lot!!**

# Prevent the Spread of Germs

- **Avoid contact with sick people.**
- **WASH your HANDS ... a lot!**
- **If you are sick, stay home.**
- **WASH your HANDS ... a lot!**
- **Get vaccinated**



# Flu Symptoms

- **Fever, usually high**
- **Headache**
- **Fatigue**
- **Muscle aches**
- **Sore throat**
- **Dry cough**
- **Runny or stuffy nose**
- **Vomiting**



## **If You Are Sick**

- **Contact the McGrath Health and Wellness Center.**
- **Notify your RA.**
- **Stay home from school and work!!**
- **Take care of yourself.**

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**These simple actions will help fight the flu and help keep everyone at Xavier, including the Blue Blob, healthy!**