



**caught the flu?**

**no school for you!**

**Your child may have the flu if:**

- In addition to coughing or sneezing, he's suffering from a fever, headache, chills or body aches.
- It came on suddenly.

**The flu is most contagious early in the illness.**

If you believe your child is coming down with the flu, he should stay home. Teach him to keep his hands clean, and coughs and sneezes covered. Consider seeing your doctor.

**Prevent the flu—it's in your hands!**

- Wash your hands often with soap and water. If you don't have soap and water, use an alcohol-based hand sanitizer.
- Don't touch or shake hands with people who are sick.
- Clean and disinfect frequently touched surfaces.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Stay home when you're sick, and keep your children home when they're sick.

**[FloridaHealth.gov](http://FloridaHealth.gov)**

