

STOP

Feeling sick?

Stop the spread of flu in the workplace.
Stay home when you are sick.

Common Flu Signs & Symptoms Include:



Fever* or feeling feverish/chills

*It is important to note that not everyone with flu will have a fever.



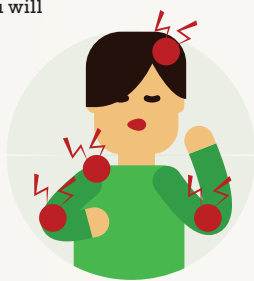
Sore throat



Runny or stuffy nose



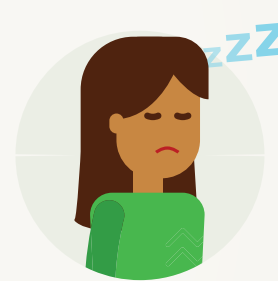
Cough



Muscle or body aches



Headaches



Fatigue (tiredness)

Flu is different from a common cold.

Flu usually comes on suddenly, and in general symptoms are more intense compared to the common cold.

If you think you may have flu tell your supervisor and stay home from work.

All employees should stay home if they are sick. CDC recommends that you stay home for at least 24 hours after your fever (100 degrees Fahrenheit or 37.8 degrees Celsius) is gone. Your fever should be gone without the need to use a fever-reducing medicine. If you have flu without a fever, you should stay home at least 4-5 days after the start of your symptoms.

For more information visit www.cdc.gov/flu



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