

HOW DO I KNOW IF I HAVE THE FLU?

You or your child may have the flu if you have the following symptoms:

- *Became sick very quickly*
- *A high fever (102 degrees or higher)*
- *Stuffy nose*
- *Headache*
- *Muscle aches*
- *Feel very tired or achy*
- *Do not feel like eating*
- *Chills*
- *Have a dry cough*
- *Gastro-intestinal symptoms such as nausea, vomiting and diarrhea are much more common among children than adults*
- *Usually children with the flu do not have a sore throat*
- *Sinus problems and ear infections may develop*

Stay Home!

If you are sick with flu-like symptoms, the CDC recommends you stay home for at least **24 hours** *after* your fever is gone except to get medical care. *(Your fever should be gone without the use of a fever-reducing medicine.)*



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