What Should You Know About the Flu?

What are the symptoms of flu?

Fever

Chills

Headache

Body aches

Fatigue

Sore throat

Coughs

Runny and stuffy nose

Sneezes

How does the flu spread from person to person?

The flu is spread through:

- Direct contact
- Sneezes and coughs
- Dirty surfaces

It takes **1-4 days** to show symptoms.

Someone with the flu is contagious starting **1 day before** symptoms develop and up to **7 days after**.

How can I help stop the flu from spreading?

- Get a flu shot. Call 802-863-7240 to find out where to get one.
- Wash hands often with soap and water. Use hand sanitizer if soap and water aren't available.
- Cover your mouth and nose when coughing and sneezing.
- Let a staff member know if you feel sick with flu symptoms.

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