What Should You Know About the Flu?

What are the symptoms of flu?

- Fever
- Body aches
- Coughs
- Chills
- Fatigue
- Runny and stuffy nose
- Headache
- Sore throat
- 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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