



Influenza B

Influenza A is a highly contagious respiratory disease.

Symptoms may include:

- Fever and chills
- Headache and muscle aches
- Feeling tired and weak
- Sneezing, and stuffy or runny nose
- Sore throat and cough

In addition to getting vaccinated, take these common sense measures to protect against flu:

Practice the three C's to stay healthy and prevent germs from spreading at home, work and school:

1. **Clean:** properly wash your hands frequently
2. **Cover:** cover your cough and sneeze
3. **Contain:** contain your germs by staying home if you are sick