keep sick @home

If you caught the flu, no work for you.

You may have the flu if:

- In addition to coughing or sneezing, you're suffering from a fever, headache, chills or body aches.
- It came on suddenly.

The flu is most contagious early in the illness.

If you believe you're coming down with the flu, go home or stay home. Keep your hands clean, and coughs and sneezes covered. Consider seeing your doctor.

Prevent the flu–it's in your hands!

- Wash your hands often with soap and water. If you don't have soap and water, use an alcohol-based hand sanitizer.
- Don't touch or shake hands with people who are sick.
- Clean and disinfect frequently touched surfaces.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Stay home when you're sick, and keep your children home when they're sick.

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