



**MIDDLESEX COUNTY PUBLIC HEALTH DEPARTMENT**  
**Division of Epidemiology and Public Health Preparedness**

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## **Help Prevent the Flu**

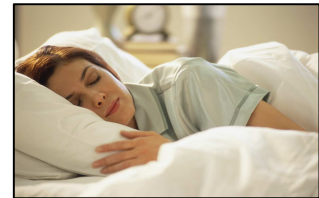
### **Know the symptoms of flu**

- Fever (usually high)
- Headache
- Extreme Tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches



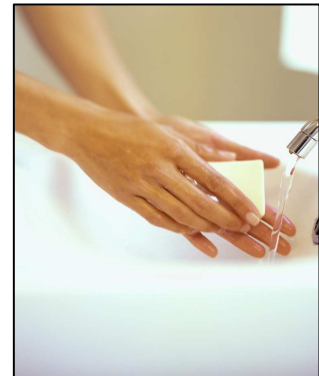
### **Practice Good Health Habits**

- Wash your hands often with soap and water
- Cover your coughs and sneezes
- Try not to touch your eyes, nose, or mouth
- Avoid close contact with people who are sick
- Stay home when you are sick



### **Other healthy habits**

- Get plenty of sleep
- Be physically active
- Manage your stress
- Drink plenty of water
- Eat healthy foods



### **Antiviral Drugs**

- There are antiviral drugs to treat and prevent the flu
- These drugs must be prescribed by a doctor and should be started within two (2) days after getting sick

