

# IT'S "FLU" SEASON!



## Know the signs and stay safe!

It is currently influenza ("flu") season and Georgia and the United States are experiencing very high influenza activity. Influenza can cause mild to severe illness, and at times can lead to death. To ensure the safety and health of students, parents, and faculty, the Georgia Department of Public Health encourages schools to know the signs and symptoms of influenza and the necessary steps to reduce the spread of illness.

## Symptoms of flu can include:



### **FEVER**

Although not everyone with flu has a fever

### **COUGH**

### **SORE THROAT**

### **RUNNY OR STUFFY NOSE**

### **BODY ACHES**

### **HEADACHES**

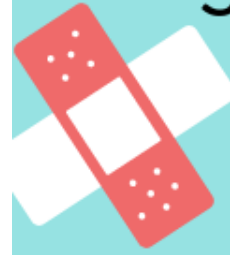


### **CHILLS**

### **FATIGUE**

### **SOMETIMES DIARRHEA AND VOMITING**



The Department of Health encourages schools to do everything possible to limit the spread of influenza and other respiratory diseases by:

- Encouraging students, parents, and staff to get the yearly flu vaccine.
  - Encourage students, parents, and staff to take everyday preventative actions to stop the spread of germs
  - Ensure students and staff stay home if they are ill
  - Clean and disinfect regularly and correctly during influenza season
  - Report outbreaks to local public health officials
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visit [www.cboe.net/schoolhealth/](http://www.cboe.net/schoolhealth/) for resources on flu prevention





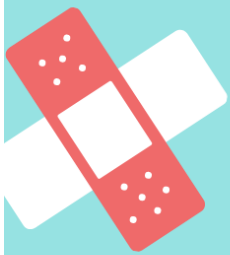

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## Prevention is key!



It is currently influenza ("flu") season. The emergence of a new respiratory illness called the novel coronavirus (COVID-19) has made it more important than ever to practice universal measures for preventing the spread of germs that cause these illnesses. According to the Georgia Department of Public Health, the overall risk of novel coronavirus to the general public is low, and symptoms may resemble the seasonal flu, which is a far greater risk this time of year. The best way to prevent infection with any respiratory virus is to use the same preventative strategies used during a normal cold and flu season:


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- **COUGH OR SNEEZE INTO YOUR ELBOW OR COVER YOUR COUGHS AND SNEEZES WITH A TISSUE, NOT YOUR HANDS.**
  - **AVOID TOUCHING YOUR EYES, NOSE AND MOUTH.**
  - **WASH HANDS OFTEN WITH SOAP AND WARM WATER FOR AT LEAST 20 SECONDS, ESPECIALLY AFTER COUGHING OR SNEEZING. USE ALCOHOL-BASED HAND SANITIZER IF SOAP AND WATER ARE NOT AVAILABLE.**
  - **STAY HOME IF YOU'RE SICK, ESPECIALLY WITH A FEVER.**
  - **AVOID PEOPLE WHO ARE SICK.**
  - **CLEAN AND DISINFECT FREQUENTLY TOUCHED SURFACES AND OBJECTS.**
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## Coronavirus VS. The Flu

### WHAT'S THE DIFFERENCE?

According to the Department of Public Health, Coronaviruses are a family of viruses and there are different types of coronaviruses within that family, much like there are different types of influenza viruses. In the United States, there are common coronaviruses that circulate every year, which usually cause upper respiratory tract illnesses much like the common cold. Coronaviruses tend to circulate in the fall and winter months, like influenza. Most people get infected with these viruses at some point in their lives.



**Learn more about prevention measures to keep you germ free at [www.ccboe.net/health/](http://www.ccboe.net/health/)**

