

# Fight Flu

## at Home and School

Flu, or influenza, spreads easily and can make people very sick, especially kids. You can help stop flu!

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### Flu symptoms include:

Fever or chills, body aches, cough, sore throat, headache, runny or stuffy nose, feeling very tired. Some people, especially children, may have stomach problems and diarrhea. Unlike a cold, the flu comes on very suddenly.

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### Prevent flu!

- Flu vaccine is the best protection against the flu. It is recommended every year for everyone 6 months and older.
  - Get the flu vaccine for you and your children every year! It helps make flu sickness milder or prevents it all together.
  - Getting the vaccine early in the fall means you and your children will be protected when flu season starts.
  - Ask people close to your children, like babysitters and relatives, to get the vaccine, too.
  - The vaccine is especially important for people with certain health conditions, like asthma, diabetes, heart or lung conditions because the flu can make them even sicker.
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