

# What's the Flu?

*Brought to you by*



*Provena Saint Joseph  
Medical Center*

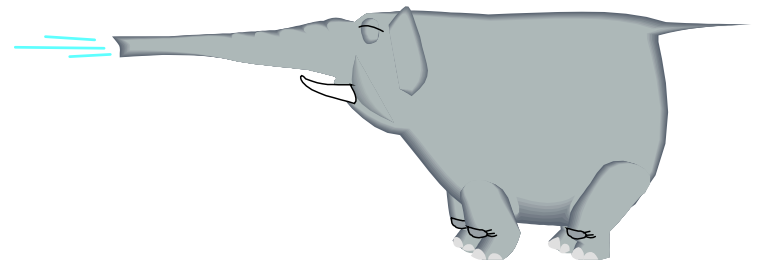
# What is the flu?

- It's a virus (germ)
- You can catch it, or give it to someone else
- You can stop it!



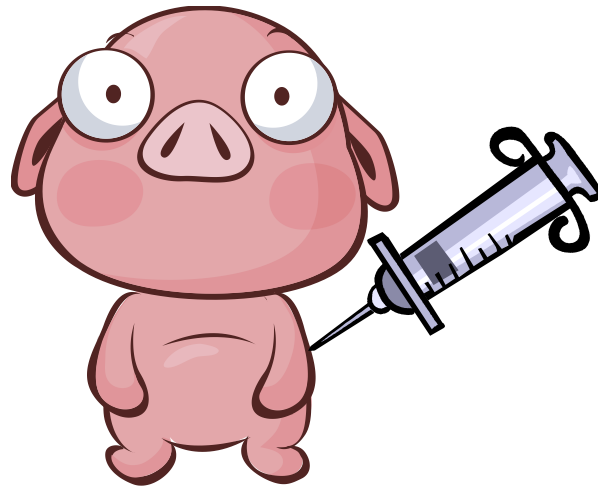
# How do you get the flu?

- Someone who is sick coughs or sneezes by you
- Sharing things that go in your mouth
- Touching your eyes, nose, mouth



You can NOT catch it by...

- Eating bacon, ham or pork
- Getting a flu shot



# You can STOP the flu!

- Wash your hands
- Cover when you cough or sneeze



- Don't touch your eyes, nose, mouth
- Don't share things
- Get a flu shot
- Stay home if you are sick

# What if I don't feel good?

- Tell an adult if you have
  - Sore throat
  - Coughing
  - Sneezing/runny/stuffy nose



Or you just don't feel good

