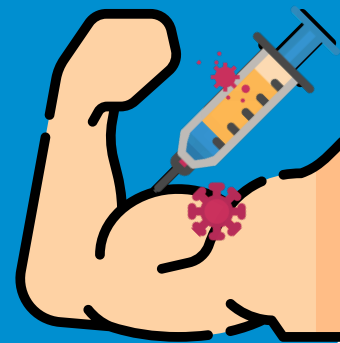




Beat the Cold and Flu



Flu Symptoms:

- Runny or stuffy nose
- Cough
- Sore throat
- Fever
- Body aches
- Tiredness

How to Prevent Illness:

- Wash hands often with soap and water
- Cover coughs and sneezes
- Avoid touching the face
- Clean commonly touched surfaces
- Get the yearly flu vaccine
- Eat healthy foods and get enough sleep

Keep Your Child Home If They Have:

- Fever
- Vomiting or diarrhea
- Severe cough
- Trouble breathing
- Too little energy to participate in school

Call Your Doctor If Your Child:

- Has trouble breathing
- Has a fever that lasts more than 3 days
- Are not drinking fluids
- Seems unusually sleepy or is difficult to wake
- Is getting worse instead of improving

CLICK
TO
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- [Cold and Flu Guide](#)
- [findtreatment.gov/locator](https://www.findtreatment.gov/locator)
- www.hrl.nyc