



**Florida Department of Health
School Health Program**



SPOT the FLU	STOP the FLU
Sudden Fever (100° or higher)	Wash Hands Often
Cough	Get the Flu Vaccine
Muscle Aches, Fatigue, Chills	Eat Nutritious Foods, Exercise
Headache	Cover Your Cough/Sneezes
Sore Throat	Get A Good Night's Sleep

Cold or Flu?

Flu and the common cold are both respiratory illnesses, but they are caused by different viruses. In general, flu is worse than the common cold and symptoms are more intense.

www.cdc.gov/flu/

STUDENTS WITH A FEVER, SIGNIFICANT COUGH, NASAL CONGESTION, VOMITING OR DIARRHEA SHOULD STAY HOME UNTIL SYMPTOMS PASS. CONTACT YOUR DOCTOR WITH ANY QUESTIONS OR CONCERNS.