

# It's Influenza Season !

## 1 Main Symptoms **※If you show symptoms, go to the hospital quickly**

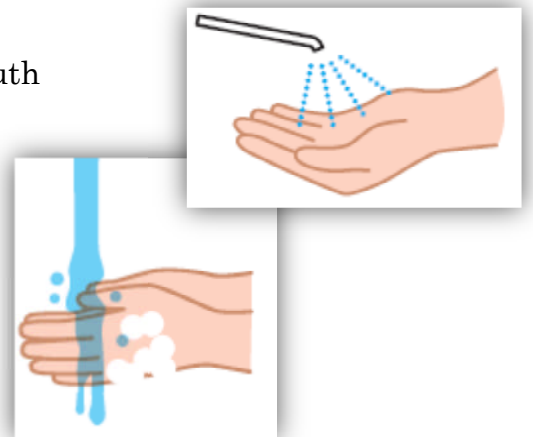
- A sudden fever over 38°C
- Coughing, sore throat, joint pain
- Fatigue or sluggishness
- ※The elderly, children, and those pregnant or chronically ill should be especially careful

## 2 Flu Season

- Peaks from January to February. However, it can continue into May

## 3 How the Flu Spreads

- Virus carried through coughs can enter your nose or mouth
- Touching a surface an infected person has touched



## 4 Prevention

### (1) **After returning home, wash you hands well**

- If possible, use hand sanitizer

### (2) **Get your nutrition, and sleep well**

- Strengthen your immune system to prevent the flu

### (3) **Getting a vaccination is even more effective**

- Even if you catch the flu, it will prevent more serious symptoms

## 5 If you catch the flu **※Be careful not to spread it to others**

- Ventilate the room once an hour
- People with and without the flu should wear masks
- Wash your hands well
- Other people can still catch your flu up to 2 days after you fever goes down. Avoid going to school or work

