How do you know if you have the flu?

Signs of the flu can include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Feeling weak or more tired than usual
- Headache
- Chills
- Body aches
- Vomiting
- Diarrhea

Two less common signs of the flu include:

Not everyone who is sick with flu will have all the signs of the flu at the same time. Some people with the flu don't have a fever. Most people who get the flu get better without seeing a doctor or taking medicine.
Cover your nose and mouth with a tissue or your arm when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Do not touch your eyes, nose or mouth because germs spread this way.

If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone.*

*Your fever should be gone without using fever-reducing medicine. Staying at home means that you should not leave your house except to get medical care. Stay away from others as much as possible so you don’t make them sick.

During flu season, be prepared in case you get sick and need to stay home for a few days. Keep some over-the-counter medicines, alcohol-based hand rubs, tissues, and anything else you need so that you do not have to go out while you are sick. If you are really sick or have other medical conditions or concerns, call your doctor. Your doctor will let you know if you need a flu test, flu treatment, or other care.

Prevention & Treatment

What can I do to protect myself from getting sick?

CDC recommends these steps to fight the flu:

Vaccination

Stay away from people who are sick.

Wash your hands often with soap and warm water. If soap and water are not available, use an alcohol-based hand rub.

Use medication the way your doctor recommends it.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
Get out your pearls!    Find those suspenders!
Have any gray hair spray or wigs?
What about those nylons?!?!?

LITTLEVILLE CELEBRATES
THE 100th DAY OF SCHOOL!!

Let's have some fun by pretending we are all 100 years old. **Wednesday, February 5th** is our 100th day of school. In honor of this achievement we encourage you to dress-up as your 100 year old self! No need to go out and buy anything, just get creative or even borrow some adult clothing!

Here are some ideas:

- gray hair
- hair curlers
- eyeglasses
- shawl/cardigan
- robe
- bow tie/regular tie
- gray beard/mustache
- cane
- knee high stockings

**If by chance we have a snow day before then, the 100th day will be Thursday**