**Atlanta Public Schools**

**Department of Intervention and Support**

**Health Services**

**Flu Season Alert**

**Flu Season is Here! What You Need to Know.**

The Center for Disease Control and Prevention (CDC) recommends *“Take 3” Actions To Fight the Flu”:*

1. Vaccinate- CDC recommend yearly flu vaccine (flu shot); Flu vaccination can reduce flu illnesses, missed school-days, missed work days, doctors; visits and prevent flu-related hospitalizations.
2. Stop Germs- try to avoid contact with sick people, hand washing, sanitizing with alcohol-based hand rub, cover your nose and mouth with tissue when you cough or sneeze; throw the tissue away after use.
3. Antiviral drugs if your doctor prescribes them.

[Everyday Preventive Actions (CDC)](https://www.cdc.gov/flu/pdf/freeresources/updated/everyday-preventive-actions-8.5x11.pdf)

If you are sick, limit contact with others; stay home from school and work if possible to prevent from infecting others. If you have flu-like symptoms, CDC (2018) recommends staying home for at least 24 hours after your fever has gone without the use of fever reducing medicines. Stay home with the exception of seeking medical care or as required.

Reference:

<https://www.cdc.gov/flu/pdf/freeresources/updated/everyday-preventive-actions-8.5x11.pdf>

<https://www.cdc.gov/flu/consumer/prevention.htm>

https://www.cdc.gov/flu/index.htm

https://dph.georgia.gov/press-releases/2019-12-17/widespread-flu-georgia

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