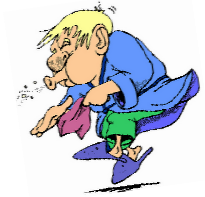


Tips to stay healthy during flu season



The flu virus can spread from person to person when:

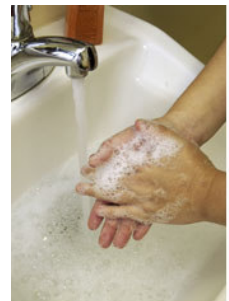
- Someone with the flu coughs or sneezes into the air that others breathe in.
- Someone touches a door knob, desk, computer, or counter with the flu germs on it and then touches their mouth, eyes, or nose.
- Someone touches body fluids (vomit, mucus, etc.) of a child or others while taking care of them when they are ill with the flu virus.



The symptoms of the flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever. Severe illnesses and deaths have occurred as a result of illness associated with this virus.

Take these everyday steps to protect your health:

- Cough/sneeze into your elbow or cover your nose and mouth with a tissue when you cough/sneeze. Throw the tissue in the trash after you use it.
- The CDC recommends that you wash your hands often with soap and warm water for 15 to 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, the CDC recommends that you stayhome for at least 24 hours after your fever is gone except to get medical care. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to prevent spreading illness.



Due to the heightened occurrence of the flu, if you are experiencing flu-like symptoms, for your own health, please consult with your doctor before donating.