GET THE FLU VACCINE

SHOO THE FLU!

Florida HEALTH Martin County

www.MartinCountyHealth.com

WASH YOUR HANDS OFTEN

COVER YOUR COUGH AND SNEEZE

EXERCISE AND EAT NUTRITIOUS FOODS

STAY HOME WHEN YOU ARE SICK

CHILDREN'S SERVICES COUNCIL
MARTIN COUNTY

Flu & COVID-19

Influenza (Flu) and COVID-19 are both contagious respiratory viruses. Please screen your child daily before they go to school. If they show any of the symptoms below, please keep them at home and contact your pediatrician for guidance.

Fever (100.4 or >), chills, body ache, uncontrolled cough, severe headache, new loss of taste or smell, diarrhea, vomiting or abdominal pain, sore throat.

FIGHT FLU

The Dept of Health offers free flu shots for uninsured and underinsured children and adults 5 years and older. Call 772-221-4000, option 3 to schedule an appointment.