

HOW DO YOU KNOW IF YOU'VE GOT THE FLU?

Influenza arrives every year to infect South Dakotans across the state—whether you live in a city or a rural community, wherever you work, wherever you go to enjoy time with family. But how can you tell if you've got it?

WHAT ARE THE SYMPTOMS OF THE FLU?



FEVER

Whether you're running a temperature or are experiencing unexplained chills, you may have the seasonal flu.



COUGH

A persistent sore throat or hacking cough is often one of the most common signs of influenza infection this time of year.



RUNNY NOSE

Sneezing and running nose can be a sign of seasonal influenza—don't assume it's "just a cold!"



ACHES

Headaches and muscle aches that won't seem to go away can be an early sign you're experiencing the flu.



EXHAUSTION

Fatigue and tiredness that can't be explained by your sleeping habits might be brought on by the flu bug.



**Concerned about influenza?
Get a vaccination!**

**Find out how to find a vaccination station at
FluBug.org.**



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