

# Your work is essential!

Protect yourself & others from flu and COVID-19 this fall and winter:



## MASK UP

Wear a face mask that covers your nose and mouth. And keep your distance (at least 2m) from others when you can.



## LATHER UP

Wash your hands often with soap and water. If soap and water aren't available, use an alcohol-based hand sanitizer.



## SLEEVE UP

Getting a flu vaccine is more important than ever. Everyone 6 months and older should get a flu vaccine every season.

A flu vaccine can protect you, your loved ones, and your co-workers from flu. You can also protect those around you by staying home if you are sick.

**#FIGHT FLU**



# STOP

## Feeling sick?

Stop the spread of flu in the workplace.  
**Stay home when you are sick.**

Common Flu Signs & Symptoms Include:



**Fever\* or feeling feverish/chills**

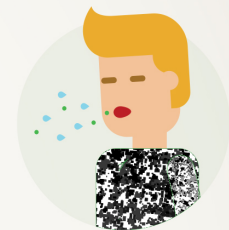
\*It is important to note that not everyone with flu will have a fever.



**Sore throat**



**Runny or stuffy nose**



**Cough**



**Muscle or body aches**



**Headaches**



**Fatigue (tiredness)**

*Flu is different from a common cold.  
Flu usually comes on suddenly, and in general symptoms are more intense.*

**If you think you may have flu tell your supervisor and stay home from work.**

**All employees should stay home if they are sick.** JFC recommends that you stay home for at least 24 hours after your fever (100 degrees Fahrenheit or 37.8 degrees Celsius) is gone. Your fever should be gone without the need to use a fever-reducing medicine.



# JFC NAPLES



get your



FLU SHOT

**Where:**

JFCNP Base, Parco Leonardo (large activity tent)

**When:**

12 November, afternoon —  
Specific Date and Time provided by your SNR

**What to bring:**

Bring the "DHA 116 Influenza Screening" form

Refer to JFCNP site or social media  
to stay updated on the summary



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