

Don't Let the Flu Ruin Your Day

Stay healthy this season. If you're not feeling your best, we're here to help.

Simple ways to prevent spread of the virus:



Wash hands or use hand sanitizer prior to eating or touching your face



Cover coughs and sneezes using tissue or by aiming for your elbow

Ideas to boost your immune system:



Get plenty of sleep, 7+ hours are optimal



Strive to exercise most days each week

When flu symptoms strike, know what to look for:



Symptoms often begin suddenly and may include fever, chills, body aches, fatigue, sore throat, runny nose or cough. Some people may also experience nausea, vomiting or diarrhea.

Come see us:



We will evaluate your symptoms, recommend treatment and help you get back to feeling better.



Flu shots are available at the clinic beginning September 14.



City of Milwaukee Workplace Clinic

Make an appointment. Virtual and in-person visits available.



414-777-3413



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