

CANES HEALTH CORNER



Twenty minute walk approaching fast! Get ready Canes to lace up your shoes and walk for a healthier mind and body!

coming soon
Healthy Information
for you and your
family!!

How long should I stay home if I'm sick?

[CDC recommends that you stay home for at least 24 hours](#) after your fever is gone.

How do I know if I have the flu?

You may have the flu if you have some or all of these symptoms:

- fever *
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

*It's important to note that not everyone with flu will have a fever.