



Moorefield Station Elementary School  
22325 Mooreview Parkway  
Ashburn, VA 20148  
Principal: Karen D. Roche  
Assistant Principal: Colleen Flaherty  
Administrative Dean: Joe Dolansky

**February 2018**

### **A NOTE FROM THE ADMINISTRATION:**

Dear Families:

It is hard to believe that we are halfway through this school year. It seems like just yesterday that we started the school year. We recognize and celebrate African American History this month. Students in each grade level will be learning more about the contributions and importance of African Americans in our Country's history.

This is a good time to reflect on our own history and diversity. It is important to instill in our children a tolerance and understanding in dealing with people from different ethnicities, religions, and socio-economic backgrounds. Building strong character is an important component in building strong citizens.

Our 3rd, 4th and 5th graders are wrapping up benchmark testing. This data will be used by classroom teachers to help reinforce concepts taught. Students will also start to prepare for the SOL tests that will occur in May. Our 2nd grade students have begun the CogAT tests this month. This is not any type of assessment that they can prepare for, and the results will be sent home in late April or May. Please be sure that your child gets a good night sleep and a good breakfast, as that is the best way to prepare him/her for any assessment.

On February 22nd @6:30 pm we will hold our annual Cultural Heritage Night. This is a fun, learning experience for the whole family. Each grade level will spot light a different country and there will be crafts that families can create together. We hope to see you there.

We also want to congratulate Vishnavi J. for winning the Geography Bee. We also want to congratulate Sarah C. for winning the Spelling Bee. Vishnavi has taken the written test for National Geographic and we wait to see if she will move on to the next round. Sarah will represent Moorefield Station at the County Bee on March 1st @6:30pm at Stone Bridge High School.

As we enter the second half of the school year, please feel free to contact me with any questions or concerns. By

working together we are sure to continue to make Moorefield Station the place to be. Go SHARKS!

Karen D. Roche  
Principal

### **Important Events for February:**

Feb 15 – Eagle Ridge MS Parent Info Night, 6:30pm  
Feb 19 – Presidents' Day Holiday, No School  
Feb 21 – Stone Hill MS Parent Info Night, 6:30pm  
Feb 22 – Moveable Monday  
Feb 22 – Stone Hill MS Visits 5<sup>th</sup> Gr, 1:00pm  
Feb 22 – Cultural Heritage Night, 6:00pm-7:30pm  
Feb 23 – Crazy Hair/Hat Spirit Day  
Feb 26 – Stone Hill MS Band Night, 6:00pm  
Mar 1 – 36<sup>th</sup> Annual LCPS Spelling Bee, 6:30pm at SBHS



### **A MEMO FROM MUSIC:**

Congratulations to the following 5th Grade students for being selected to attend the Loudoun County All-County Chorus in April: Jiya C., Camellia D., Samantha K., Alana V. We were so impressed with the amazing group of 5th graders who chose to audition; it was so hard to choose four of you!

Spring chorus rehearsals are already underway for our spring concert on June 7th. Don't forget to order your chorus t-shirts. Check the website if you have questions or to find more information. Lyrics and practice tracks will be posted there in later this month.

This month Kindergarten will be learning about pulse and rhythm patterns, as well as, up and down. 1st graders will continue to read rhythms (ta, ta-di, rest), notate So-Mi on a three line staff, and they will learn Ia! Be sure to ask them to sing our February song at home. Our 2nd graders will begin to learn the difference between rhythmic patterns and steady beat. They will continue to sing Mi, Re, Do patterns. Third graders will continue to work on the crossover bordun, major and minor pentatonic patterns, and add 16th notes to their rhythmic repertoire, as well as cannon and



round. Fourth graders will continue to work on adding new notes on the soprano recorder. We will learn music to accompany a unit based on the book Follow the Drinking Gourd, which will include all barred instruments as well as recorder. Fifth grade started Recorder Karate last month. Students will be given music and perform for each belt at their own pace. Encourage your child to work through as many belts as possible. They will be allowed to carry their recorders home each day to practice. We will continue to work on a drum ensemble as well.

Each grade level is studying countries from one of the seven continents with their classroom teacher for the MSE annual Cultural Heritage Night on February 22nd. Your student(s), along with the music teachers, are preparing a folk dance from the designated country for each grade. The students have been learning and perfecting these dances in order to teach them to you! There will be designated times (TBA) for each grade and their families to join us in the gym during this event. There are no spectators for this event, only participants! You don't know the dances? Don't worry, we will teach you! These dances are simple and repetitive, and we look forward to your participation with us!

Every student at MSE will enjoy the music of Duke Ellington this month! We will be listening to his music and learning about Jazz!

We encourage you to visit our website regularly. Anything that we send home, we post on the website. If you are unsure about a date or time, we post that information as well.

### SNIPPETS FROM SEARCH:



I am looking forward to many fun and challenging lessons in SEARCH this month.

In recognition of the Chinese New Year, students in kindergarten, first, and second grade will be using tangrams (a puzzle that originated in China). Kindergarteners will be introduced to tangrams and will experiment with different ways to connect the tangram pieces. First grade students will use their spatial reasoning and Creating Thinking Key to help tell the story of The New Year's Tile using tangram pieces, while students in second grade will use tangram pieces to tell the story of "Three Pigs, One Wolf, and Seven Magic Shapes".

In addition, kindergarten students will figure out the connection between the letters of the alphabet and the "tomorrow" ideas they represent in the creative book called "Tomorrow's Alphabet". Students in first grade will work cooperatively to solve various analogies. To wrap up the month, second graders will be introduced to and asked to solve doublets (also referred to as word chains).

Students in third grade will work cooperatively to interpret and answer questions about a very strange map. Fourth graders will attempt to create a pentomino array, one of my favorite "frustratingly fun" lessons. Both third and fourth grade students will rely on their reasoning skills and a lot of perseverance as they tackle a challenging mathematical activity.

Please check my website for the most updated information on LCPS Gifted services, eligibility criteria, and important dates and deadlines. The site is located on our school page under Specialists.

The Gifted Department will host several Gifted Information Sessions during February. If you are interested in learning more about the elementary gifted education services available and the eligibility process for these programs, please use the following link to learn the dates of these informational sessions.

MSE homepage -> Specialists -> SEARCH -> Gifted Information Sessions

For parents of students in third, fourth, and fifth grade, if you are considering referring your child for gifted services, you are encouraged to attend one of the gifted information sessions. Please note, the window for submitting a gifted referral is February 20th – March 2nd, 2018.

### ART E-FACTS:



Students in grades first through fifth have been busy artists. The full-day kindergarten classes recently finished making winter house from geometric shapes. They finished the houses by adding various textures. The first grade classes have finished a lesson based on the artist Piet Mondrian. They created pets in the style Mondrian using boxes and a color family. Second graders created tie-dye coffee filters using a color family to be used to create Japanese kimonos. The third grade classes have created name aliens from their cursive names. They used a print-making technique to create a symmetrical image of their name before turning them into aliens. The fourth graders worked for a few weeks



on created beautiful three-dimensional snowflakes using quilling techniques. They are currently working on spirit animal paintings. Finally, the fifth graders are working metal repousse. The students have created a drawing that will be transferred onto metal using various embossing and chasing techniques.

Throughout the month of February, the students will continue using the elements of design in their artworks, along with learning new "art words." We will be learning about new artists and works of art. In addition, we will be integrating art with cultures learned in the classroom.

### **BITS AND BYTES FROM THE LAB:**



Students in all grade levels have been very busy working on their projects for our second Epic Build. In grades K-1, the students have built houses and buildings using Legos. Then, they created a room from their building in Scratch. Students used what they learned about coding to animate and bring their rooms to life. Second and third grade students built robots with the "WeDo Lego Kits". After building their robots, they used the software to code and tell a story. Lastly, in grades 4 and 5 students built and coded EV3 robots. They programmed their robots to behave like an animal. Fifth graders have programmed their robots to be simple machines. All students were very excited to share their projects at our Epic Build, January 26.

### **LINK TO THE LIBRARY:**



#### **LIBRARY OLYMPICS:**

Go for the gold in our upcoming reading/research incentive! Students will be encouraged to read about different countries, winter sports and the history of the Olympic games. They will use resources available at our school library as well as the public library, including books, ebooks and online databases. Detailed information will be sent home shortly.



#### **BOOK SWAP:**

We need donations of gently used (or new) books for all grade levels (PreK – 5) for our Book Swap at the end of the year. We will continue to collect books throughout the year to be ready! The goal is for every student to choose a book (or more if we have enough), regardless of whether or not they were able to donate books. We are always in desperate need of chapter books for grades 2 – 5. There is a big box in the library to collect books. This was intended to be an annual event, but unfortunately, we did not have enough books one year for every student to choose a book. We hope that we can make it happen this year! Thanks for your support!



#### **SAVE THE DATES!**

Our next book fair is March 19 - 23. We will need many, many volunteers to help make this event a success. We need help with set up, assisting students with managing money/making purchases, Family Night, and packing up the fair. A sign-up genius will be sent out soon.

### **COUNSELOR'S CORNER:**



We are halfway through the school year, and the Counseling Department has seen plenty of activity!

The Fifth Grade Service Club completed their Penny Drive collection for the American Red Cross in December. Students donated \$500! As a fun way to reward them for their efforts, the grade level with the most donations earned a chance to "silly string" a team of specialist teachers. The Kindergarten/Preschool students won the challenge and chose the PE teachers to silly string. What fun they had silly stringing Mr. Jones and Mrs. Martin on stage during the holiday assembly in front of the whole school! As an extra bonus, a representative from the Loudoun chapter of the American Red Cross was able to come and personally accept our donations from the Service Club members. The students were thrilled for the opportunity to participate in this collection, and we thank everyone who contributed.





The Counseling Department also hosted our first ever "Coffee with the School Counselors" event in December. The topic was helping students deal with stress, and we had a good turnout for our first event. It was very informal, and parents were able to provide feedback and ask specific questions. If you would like to view the Powerpoint presentation or book list, you will find it on our school counseling department page on MSE's website under "Stress Book List."

Fifth grade transition events also have been planned for students who will be attending Eagle Ridge MS, Stone Hill MS, Brambleton MS, and Trailside MS. Information has been sent out from most of these schools but not all. You will find most of the events listed on MSE's calendar. If you have any questions regarding these events or which school your child will be attending in the fall, please contact us here at MSE.

For the month of February, the Counseling office will be continuing classroom lessons on career exploration, positive thinking/emotions, and diversity.

We look forward to working with your students. If you have any questions, please feel free to contact us at (571) 252-2380.

## GYM SHORTS:



We are starting February **STRONG** by beginning our muscle motion unit! Students will be able to identify nine major muscles and explain actions for each muscle. Students will also use functional equipment, such as dumbbells and resistance bands to strengthen muscle groups. The month of February also begins our striking unit. Students in grades K-2 will practice striking balloons, playground balls, and the giant Omnikin ball with their hands, while those in grades 3-5 will use Omnikin balls and volleyballs. At the end of the month they will learn basic volleyball skills and play a modified volleyball game.

**Please remember to send your child to school with sneakers for PE so that they can participate safely.** Students who wear boots or dress shoes to school are expected to bring a change of shoes for PE.

## THE "WRITE" STUFF:



Sometimes knowing what to write may be daunting for children. Parents may use prompts to help children think first and verbalize what they will write. Use these prompts to help your child get started.

### Basic Prompts

- How will your story go? Tell me about the parts.
- How will it start? Then what will come next? How do you think you want it to end?
- What will be the most important moment in the piece?
- What will be the tricky part-where might it get confusing for the reader? Let me know when you're at that part, and we can talk it out if you want.
- Try out a couple of starters on me. Let's see which ones really get the reader interested.

### More Advanced Prompts

- Do you want to tell every single detail, or write about one small moment in time?
- What do you want your reader to know right away? (setting, characters, problem)
- What do you want your reader to wonder about?
- What are you saving for the ending?
- How are you going to tailor this piece for your audience?
- Is there a perspective or point of view you want to represent?
- What kind of vocabulary choices will you make?

## SAFETY FIRST:



All visitors to schools will be required to verify their identification with school personnel prior to entry; regardless of the frequency they may visit an individual school.

To Request Entry:

- Have Photo Identification Ready



- Stand on the yellow footprints
- Push and release button
- Present photo id when asked
- Please go directly to the office to sign in and obtain a visitor's pass

All exterior doors will be closed and locked at the beginning of school and remain so until students are released for the day. Using the AIPHONE will be the only way visitors will be admitted to the school.

These security practices are intended to assure parents, students and staff of the school's commitment to safety and security, balancing both the needs of the public with reasonable security provisions.

### **VOLUNTEER NOTICE:**



Don't forget that Loudoun County has a policy that all volunteers must submit a "volunteer form" to the elementary. If you are planning on volunteering at Moorefield Station, please submit this form to our office staff. A copy of the form can be found on our school's website on the right side bar.

### **HEALTH ROOM NEWS:**



This year at MSE, there are children who have weakened immune systems. In an effort to provide a healthy environment for these students (and all students) we will need your help. Students who have fevers should be kept home until fever free for 24 hours without the use of medication. Students who do not feel well should stay home.

If your child is ill because of a contagious disease such as flu, strep, chicken pox, measles, etc. Note the reason for the absence when you call the absentee call-line or absentee email. This will allow the students' parents to take measures to protect their child and follow up with their child's physician.

#### **Return to School after Surgery or Emergency Room Visit**

Students who have had surgery or who have been treated in the emergency room are expected to bring a physician's clearance for school attendance. This clearance should

include when the student is released to return to school, what restrictions the student may have, and the duration of any restrictions. - Students Rights and Responsibilities Handbook

#### **Medications at School**

Please remember that a parent or guardian must bring medication to the nurse, health office specialist, or designee. Students are not permitted to transport any medicine (prescription or non-prescription) to or from school. Medication must be brought to school in the original container with appropriate label intact. Medication will be kept in a locked medicine area of the clinic.

Whenever there is a change in your child's medication or dosage amount, you must submit a new Loudoun County Medication Form. You may obtain this form from the school Health Office or on the Loudoun County Public School website.

#### **Change of Clothes**

Spills, bathroom accidents and mud happen to students of all ages, from PK to 5th grade. Please put a change of clothes in your child's backpack- just in case it is needed!

The school has a very limited supply of "oops" clothing. If your child comes home wearing clothes from the health office, please launder it and return it the next day.

'Tis the Cold and Flu Season! Good hand washing, using plenty of soap and water for 20 seconds, is key to preventing illness. Consider keeping your child home if he/she has:

- A fever of 100.4 degrees or higher
- Has been vomiting
- Has symptoms that prevent him/her from participating in school, such as:
  - Excessive tiredness or lack of appetite
  - Productive cough or sneezing
  - Sore throat
  - Headache, earache, body aches

A minor sore throat is not a problem, but a severe sore throat could be strep even if there is no fever. Other symptoms of strep in children are headache and stomach



upset. Contact your pediatrician as your child needs a special test.

The flu is serious! Call your pediatrician at the first sign of flu symptoms, which come on suddenly, including:

- High fever
- Chills
- Headache, body aches, ear ache
- Nausea, vomiting

Chapped lips are common in cold, windy weather. Please have your child apply lip balm on chapped lips before leaving for school in the morning. He/she may bring lip balm to school to reapply during the day.

Baby, it's cold outside .... Students should wear warm coats to school, hats and/or gloves to wear during outdoor recess.

### **Update Emergency Cards**

Please keep your phone numbers and emergency contact information up to date by contacting the school by phone or email.

Medical Form Copies- Please email, [jeni.stuart@lcps.org](mailto:jeni.stuart@lcps.org) with your request for a copy of your child's medical forms. Please allow 24 hours turn around time. It will be sent home with your child or you may pick up the copy in the Main Office.

### **Scoliosis Curvature of the Spine**

Scoliosis is an abnormal curving of the spine from side to side often described as an "S" curve. It affects 2% of Americans, mostly adolescents.

#### **Cause**

- The cause is unknown in most cases.
- Girls are affected more often than boys.
- Untreated, severe scoliosis can lead to lung and heart damage, back problems, and distressing cosmetic changes.

#### **Normal Spine**

Has a slight outward curve in the upper back and an inward curve at the waist.

If scoliosis is detected early, then treatment can be started before it becomes a physical or emotional disability.

#### **Signs**

- One shoulder higher than the other
- Scapula (shoulder blade) on one side of the body is higher or more prominent
- One-sided fullness at the waist
- One hip higher than the other
- Unequal rib prominence

#### **Normal View from Back**

Shoulder blades and spine appear straight



#### **Abnormal View from Back**

The spine curves abnormally to the side



#### **Abnormal View Bending Forward**



Shoulders and/or hips appear uneven

#### **Symptoms**

- Backache or low back pain
- Fatigue
- Maybe none





### How to Check Your Child's Spine

- Stand behind the child.
- Ask child to stand with feet together and bend forward to touch the toes.
- Check that the shoulders and the top of the hips are at the same height, the head is centered, and the rib cage is symmetrical. Note that the waist is even and that the body does not lean to one side.
- It may be helpful to run your hands along the spine to detect any abnormalities.
- Ask the child to stand up, turn around to face you, and to bend down again.
- Repeat the assessment.
- If any lateral curvature is noted, your child needs further evaluation.

What should be done if any of the signs and symptoms are present?

Contact your primary care physician for an appointment to have your child's back evaluated.

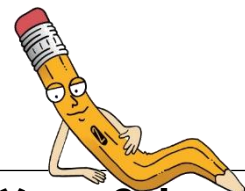


### DAY CARE RIDERS:

If you are a parent with children attending daycare facilities at the end of each day, it is important that you communicate with them if your child is absent on a particular day or that you have picked your child up early from school.

### SPEED LIMIT ON SCHOOL GROUNDS:

We are concerned for the safety of your child at school. If you are on our grounds, please pay attention to your speed while driving on our campus. We have noticed adults going over the state required speed of 25 MPH. Please help us keep your children safe!



### Mark Your Calendars:

**Our SOL Testing Window for Grades 3, 4, and 5 will begin on Monday, May 14<sup>th</sup> and will continue until the last day of school.**

### Faculty Volleyball vs Discovery:

**On March 3<sup>rd</sup>, our Shark Staff will play the Trailblazers in a game of Volleyball. More information will be provided on our website. See you there!!!**





## CONGRATULATIONS BEE WINNERS!!!



SPELLING BEE: Sarah C. (1<sup>st</sup> Place)



GEO BEE: Vishnavi J. (1<sup>st</sup> Place) &  
Victoria R. (2<sup>nd</sup> Place)



### Transportation Changes:

If your child's dismissal plans have changed during the school day, please provide us with the following-

- Note to teacher preferred OR phone call to the front office BEFORE 2:00pm
- Do NOT email as teacher or secretaries may be absent

## Cultural/Heritage Night

Thursday, February 22

6:00pm-7:30pm

**Stay Posted on Happening @  
Moorefield Station!**

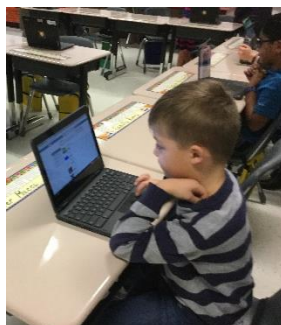
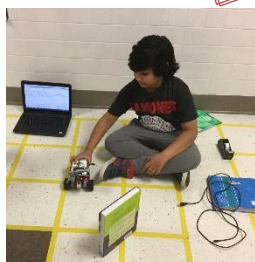
Continue to check our Moorefield Station website for updates, events, and photo gallery!







Our Second Epic Build!



**Help our school...**

**Support our **Parent Teacher Organization (PTO)**. Meetings are held monthly in our library.**

**The next meeting will be held on**

**Thursday, March 8<sup>th</sup> at 7:00pm.**

**Your participation can make a difference!!!**

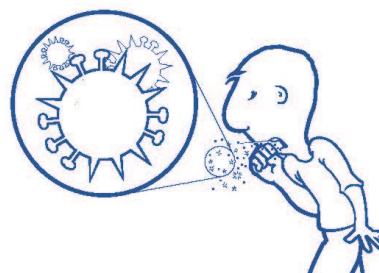


## INFLUENZA (FLU) Flu and You

### Influenza (Flu)

#### What is the flu?

The flu is an illness caused by flu viruses. The flu may make people cough and have a sore throat and fever. They may also have a runny or stuffy nose, feel tired, have body aches, or show other signs they are not well. The flu happens every year and is more common in the fall and winter in the U.S. People of all ages can get the flu, from babies and young adults, to the elderly.



### Flu in People

#### Do people in the U.S. get the flu?

Yes. Flu viruses spread worldwide. Flu tends to occur mostly in the fall and winter months in the United States. Many people get the flu each year. The flu is also found in other parts of the world. But the time of year when flu is most common can vary from one area to another.

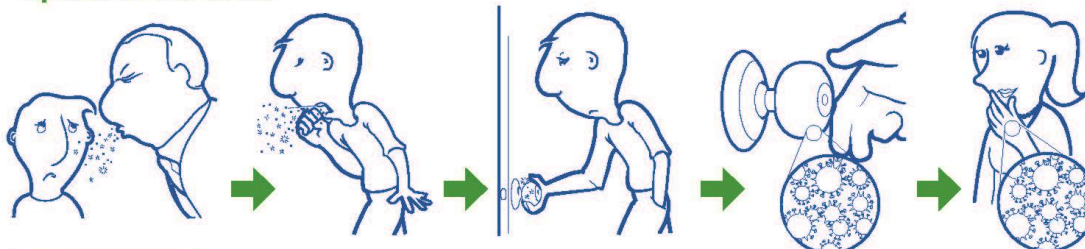


#### How does the flu spread?

People who have the flu can spread the virus by coughing or sneezing. Droplets released when a sick person coughs, sneezes, or talks can land in the mouths or noses of people who are nearby. The droplets can also be inhaled into the lungs.

People may also catch the flu by touching their mouth or nose after touching something with the virus on it, such as doorknobs, tables, or an infected person's dirty hand.

#### Spread of the virus:



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention





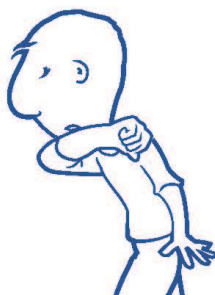
## INFLUENZA (FLU) Flu and You

### How do you know if you have the flu?

Signs of the flu can include:



Fever



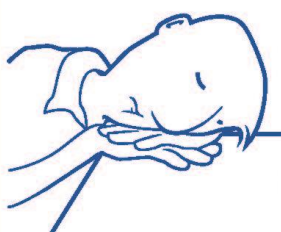
Cough



Sore throat



Runny or stuffy nose



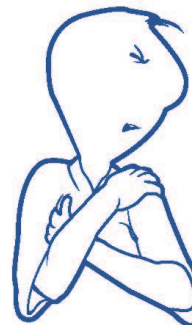
Feeling weak or more tired than usual



Headache

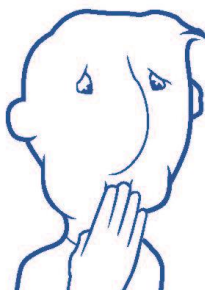


Chills



Body aches

Two less common signs of the flu include:



Vomiting



Diarrhea

Not everyone who is sick with flu will have all the signs of the flu at the same time. Some people with the flu don't have a fever. Most people who get the flu get better without seeing a doctor or taking medicine.



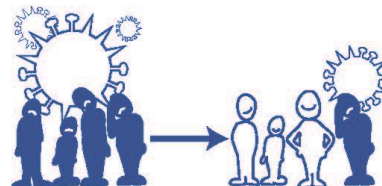


# Shark Bait

## INFLUENZA (FLU) Flu and You

### How sick do people get with the flu?

Some people get very sick and others do not. Most people who get sick get better without seeing a doctor or taking medicine. However, some people can get very sick from the flu and can die. Many of the people who get very sick are older than 65 years or have a medical condition such as: diabetes, heart disease, asthma, or kidney disease, or are pregnant. Children younger than 5 years of age are also at greater risk.



### How long can a person with the flu spread the virus to other people?

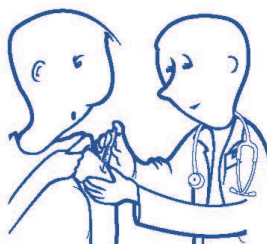
Most people may be able to spread the flu from 1 day before showing symptoms to 5 to 7 days after symptoms begin. Severely ill persons or young children may be able to spread the flu longer.

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

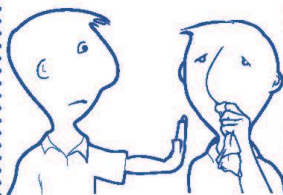
## Prevention & Treatment

### What can I do to protect myself from getting sick?

CDC recommends these steps to fight the flu:



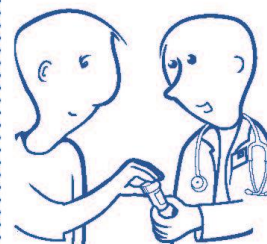
Vaccination



Stay away from people who are sick.



Wash your hands often with soap and warm water. If soap and water are not available, use an alcohol-based hand rub.



Use medication the way your doctor recommends it.



## INFLUENZA (FLU) Flu and You

Everyday health habits to protect your health and the health of others:



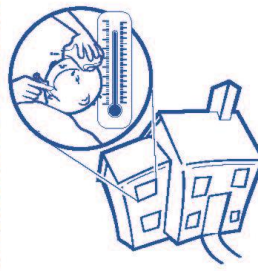
Cover your nose and mouth with a tissue or your arm when you cough or sneeze. Throw the tissue in the trash after you use it.



Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.



Do not touch your eyes, nose or mouth because germs spread this way.



If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone.\*

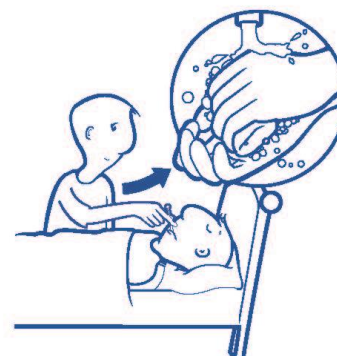
*\*Your fever should be gone without using fever-reducing medicine. Staying at home means that you should not leave your house except to get medical care. Stay away from others as much as possible so you don't make them sick.*

During flu season, be prepared in case you get sick and need to stay home for a few days. Keep some over-the-counter medicines, alcohol-based hand rubs, tissues, and anything else you need so that you do not have to go out while you are sick. If you are really sick or have other medical conditions or concerns, call your doctor. Your doctor will let you know if you need a flu test, flu treatment, or other care.



### If I have a family member at home who is sick with the flu, should I go to work?

People who are not sick but have a sick family member at home with the flu can go to work as usual. Take simple steps such as washing your hands often with soap and warm water. If you cannot find soap and water, use an alcohol-based hand rub. Take these steps to prevent getting the flu from a sick family member.







# Shark Bait

## INFLUENZA (FLU) Flu and You

### What is the best way to wash my hands to avoid germs?

Washing your hands often will help protect you from germs. When you wash your hands:

- Use soap and warm water.
- Wash for 15 to 20 seconds.

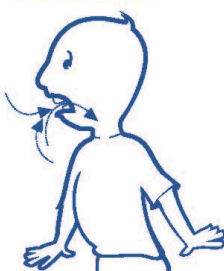
When soap and water are not available, use an alcohol-based hand rub. If using a hand rub, rub your hands with the sanitizer until they are dry.



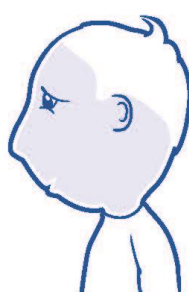
If you or someone you know gets sick and shows any of the following warning signs, get **EMERGENCY** medical care:



In children:



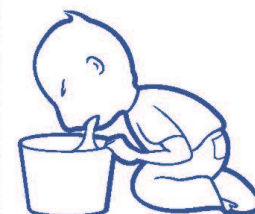
Fast breathing or trouble breathing



Bluish or gray skin color



Not drinking enough fluids



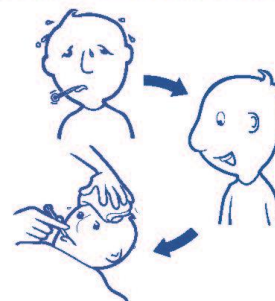
Serious or constant vomiting



Not waking up or not interacting



Being so irritable that the child does not want to be held



Flu-like symptoms improve but then return with fever and worse cough

In infants:

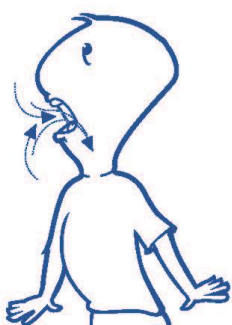
You should also look for these warning signs: being unable to eat, having no tears when crying, and having far fewer wet diapers than normal.



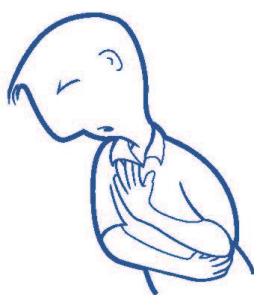


## INFLUENZA (FLU) Flu and You

### In adults:



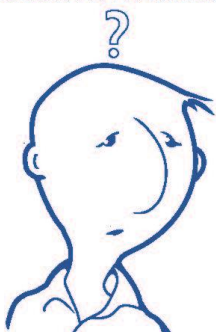
Hard time breathing or shortness of breath



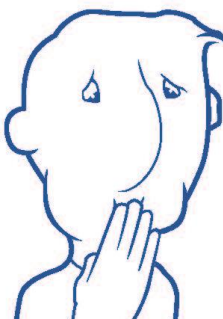
Pain or pressure in the chest or stomach



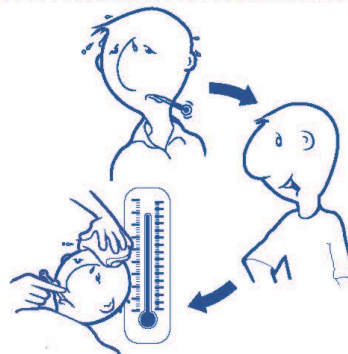
Sudden dizziness



Confusion



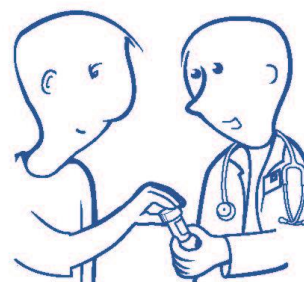
Serious or constant vomiting



Flu-like symptoms improve but then return with fever and worse cough

### Are there medicines to treat the flu?

Yes. Prescription medicines called antiviral drugs can treat the flu. If you are sick, these drugs can make you feel better faster and make the flu feel milder. Most people who get sick get better without the need for these medicines. But, if you need help getting well, your doctor may decide to give you antiviral drugs.



For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to [www.cdc.gov/flu](http://www.cdc.gov/flu).