

Be prepared for the flu!

Stop the spread of flu:

Wash your hands often

Cover your cough or sneeze with a tissue or sleeve

Stay home when sick and don't return to work or school until fever-free for 24 hours, without using fever-reducing medication

Get vaccinated and stay informed!



Know the Symptoms:

- Fever (above 100°F)
- Cough
- Bodyaches or headache
- Chills and fatigue
- Sore throat
- Runny or stuffy nose
- Diarrhea and vomiting, in some cases
- See Inside to Learn What to Do if You or a Loved One Gets the Flu



Remember: Do Not return to work or school for at least 24 hours after the fever is gone, without the use of fever-reducing medicine.

If at any time you feel uncomfortable or worried about you or your loved one's symptoms, you should contact your health care provider.

What To Do If You Or A Loved One Gets The Flu (from www.cdc.gov):

- Get plenty of rest; drink fluids
- Consider taking fever-reducing medication
- Do Not give aspirin to children or teens who have the flu
- Take antiviral medication if prescribed
- Stay home from work or school until fever is gone for 24 hours, without use of fever-reducing medication.

If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed.

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent 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 adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

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