PREVENT THE SPREAD OF FLU:
• Clean hands often with soap and water or alcohol-based hand sanitizer
• Cover your mouth and nose with your forearm when you cough or sneeze
• Ill or not, keep your hands away from your eyes, nose, and mouth
• Disposal of tissues properly
• Consider being immunized against the flu. Ask your doctor if you have questions.

KEEP THESE AT HOME “JUST IN CASE”:  
• Thermometer
• Disposable gloves and masks
• Soap, bleach, disinfectant spray for surfaces
• Tissues and paper towels
• Over-the-counter pain reliever and fever reducer (acetaminophen or ibuprofen)
• To prevent dehydration: Fluids that contain electrolytes eg. Gatorade™, G2™ Pedialyte™, fruit juices, broth. These are more effective than plain water
• Canned soups, rice, tea, bananas, applesauce, Saltine™ type crackers.

RECOGNIZE FLU SYMPTOMS: …..the SUDDEN onset of:  
• Fever
• Sore throat
• Cough
• Runny nose
• Muscle pain

PERSONS WITH FLU SHOULD:  
• Stay home from work, school, errands, and public places
• Call the health care provider for advice.
• Consider wearing a mask when around others

CARE FOR PERSONS WITH THE FLU:  
• Plenty of rest
• Plenty of liquids
• No alcohol or tobacco
• Medication to relieve flu symptoms (as directed by health care professional)

COMPLICATIONS? CALL THE DOCTOR AGAIN IF:  
• Fever of 103F or more. (In infants, fever of 100.4F or more)
• Shaking chills
• Cough that produces thick mucous
• Dehydration
• Worsening of an existing medication condition (eg. diabetes, heart or lung disease.)

CALL 911 if:  
• Confusion or disorientation
• Difficulty breathing or chest pain with each breath
• Bluish skin
• Stiff neck
• Inability to move an arm or leg
• First-time seizure