

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 mucus
- 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