

WHAT TO DO IF YOU GET THE FLU

It's important to protect yourself and others during this influenza (flu) season. Most people who get the flu recover on their own at home, but some people can become seriously ill. There are steps you can take to get better from the flu and avoid spreading germs to other people.

1



STAY AT HOME AND AWAY FROM OTHERS WHEN YOU ARE SICK

You can help prevent others from getting sick by staying away from them. You can stay connected virtually through social media or the phone. If you need to be near others (like going to the doctor), consider wearing a face mask. Make sure not to share items you have used (like eating utensils, cosmetics, etc.).

2



TAKE IT EASY, STAY HYDRATED, AND TREAT SYMPTOMS, IF NEEDED

Your body needs rest while recovering from the flu. Make sure to get plenty of sleep and drink plenty of fluids. Over-the-counter (OTC) medicines such as acetaminophen or ibuprofen can help with fever and aches. OTC antihistamines can help with a runny nose, decongestants can help with nasal congestion, and cough medicines can help with a cough. If you're not sure what medicine you should take, or if these medicines might interact with other medicine you take, talk with your healthcare provider or a pharmacist for help.

3



IF YOU'RE AT HIGHER RISK OF GETTING VERY SICK FROM FLU, GET MEDICAL ATTENTION QUICKLY

If you have a condition that puts you at higher risk for severe flu illness (like older age, asthma, diabetes, heart disease, pregnancy), call or visit a healthcare provider to see if antiviral flu treatment is right for you. Treatment works best when taken within two days of when symptoms start.

4



KNOW WHEN FLU IS AN EMERGENCY

People who have any of the following symptoms or signs need medical care right away:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest or abdomen (stomach area)
- Persistent dizziness, confusion, or not able to arouse
- Severe muscle pain, high fever, or worsening of other medical conditions

5



CLEAN AND DISINFECT ANYTHING YOU USE/TOUCH WHILE SICK

Clean items such as bed sheets, pillow covers, towels, and clothes. Disinfect frequently touched surfaces like doorknobs, toothbrush, sink and toilet handles, electrical switches, and phone screens.

6



WASH YOUR HANDS

Wash your hands with soap and water for at least 20 seconds after you touch your face, blow your nose, cough or sneeze into your hands, or use the restroom. If soap and water are not available, use an alcohol-based hand rub that contains at least 60% alcohol to clean your hands.

7



GO BACK TO REGULAR ACTIVITIES WHEN YOU'RE FEELING BETTER

You can go back to in-person, usual activities (like work or school) when, for at least 24 hours:

- You do not have a fever without the use of fever-reducing medicine, AND
- Your symptoms are getting better overall