



SEASONAL FLU

Taking Care of Yourself If You Are Sick

If you have been diagnosed with flu, **you should stay home**, follow your doctor's orders, and watch for signs that you need immediate medical attention.

- ❖ The Centers for Disease Control and Prevention (CDC) recommends that you stay home for at least 24 hours after your fever (100°F or 37.8°C) is gone except to get medical care or for other things you have to do and no one else can do for you.
- ❖ Avoid close contact with others, **especially those who might easily get the flu**, such as people age 65 years and older, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, young children, and infants.
- ❖ Clean hands with soap and water or an alcohol-based hand rub often, especially after using tissues or coughing/sneezing into your hands.
- ❖ Cover coughs and sneezes.
- ❖ Drink clear fluids such as water, broth, sports drinks, or electrolyte beverages made for infants to prevent becoming dehydrated.
- ❖ Get plenty of rest.
- ❖ Get medical attention right away if you:
 - Have difficulty breathing or shortness of breath
 - Experience pain or pressure in the chest or abdomen
 - Have sudden dizziness
 - Become confused
 - Have severe or persistent vomiting
 - Experience flu-like symptoms that improve but then return with fever and worse cough

Compliments of www.Flu.gov