

What To Do If You Get Sick

- Check with your health care provider about any special care you might need if you are pregnant or have a health condition such as diabetes, heart disease, asthma, or emphysema. Check with your health care provider about whether you should take antiviral medications.
- Keep away from others as much as possible. Do not go to work or school while ill.
- Stay home for at least 24 hours after fever is gone, except to seek medical care or for other necessities. (Fever should be gone without the use of a fever-reducing medicine.)
- Get plenty of rest and drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated.
- Cover coughs and sneezes. Clean hands with soap and water or an alcohol-based hand rub often and especially after using tissues and after coughing or sneezing into hands. Try to cough and sneeze into a tissue or sleeve, instead of your hands.
- Wear a facemask – if available and tolerable – when sharing common spaces with other household members to help prevent spreading the virus to others, especially if other household members are at high risk for complications from influenza.
- Seek medical attention right away if you experience any emergency warning signs such as:
 - ◇ Difficulty breathing or chest pain
 - ◇ Vomiting and unable to keep liquids down
 - ◇ Seizures
 - ◇ Confusion
 - ◇ Signs of dehydration such as dizziness when standing, absence of urination or lack of tears in crying infants
 - ◇ Less responsive than normal



Don't Let the Flu Run You Down

www.summitflu.org