

The Flu

Prevent flu!
Get your
flu shot
annually

What are the symptoms?



High fever or
feeling feverish/chills



Cough



Sore throat



Very tired



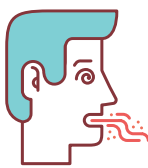
Muscle and body aches



Runny or stuffy nose



Headache



Vomiting & diarrhea
(Rarely)

I think I have the flu. Now what?

- STAY HOME to avoid spreading to others
- Don't return to work, daycare or school until you are fever-free for 24 hours
- Drink extra fluids and use a humidifier if the air is dry in your home
- Treat aches, headache or fever over 101° with Acetaminophen or Ibuprofen
- Wash your hands and cover your cough
- Use cough drops and drink warm fluids

When should I see my doctor?

- Flu like symptoms that improve but return with fever and worse cough
- Young children, adults age 65+, pregnant women, and people with chronic medical conditions such as asthma, COPD or diabetes
- Earache or fever more than 3 days

Will Tamiflu® help me?

- Tamiflu® DOES NOT prevent the flu
- Tamiflu® only lessens severe symptoms
- You must have symptoms and it has to be given in first 48 hours
- Usually only given to high-risk patients

How long am I contagious?

You may infect others beginning 1 day before symptoms start and up to 7 days after becoming sick. Symptoms appear 1 to 4 days after you've been exposed.