Symptoms of Flu
- Fever (usually high)
- Headache
- Tiredness (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Nausea, vomiting, and diarrhea (more in children than adults)

When to Seek Medical Care
IF the person:
- Is unable to drink enough fluids (has dark urine; may feel dizzy when standing)
- Has the fever for more than 3 to 5 days
- Feels better, then gets a fever again
- **CALL a healthcare provider**

Or IF the person:
- Is short of breath or is wheezing
- Coughs up blood
- Has pain in the chest when breathing
- Has heart disease (like angina or congestive heart failure) and has chest pain
- Is unable to walk or sit up, or function normally (others might be the ones to notice this—especially in elderly persons)

Call 911

If the person has flu symptoms they should:
- Rest
- Drink fluids
- Stay home
- Take fever reducers such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil or Motrin)
How to Help Control the Spread of Flu

- DON'T ENTER THE HOME of a sick person (especially when she/he has a fever) if you are not needed for the person's care or support.
- AVOID GETTING TOO CLOSE to a sick person if you must be in or enter the home of a sick person. Keep at least three feet away from the sick person.
- SEPARATE A SICK PERSON from other people in the home.
- HAVE ONLY ONE PERSON PROVIDE CARE FOR A SICK PERSON.
- KNOW THE SYMPTOMS OF FLU and be aware of these in other people in your home, work place and community.
- GET FLU VACCINE (a shot or nasal spray as recommended by your healthcare provider).
- KEEP HANDS CLEAN by washing with soap and water and by using alcohol based hand rubs. Sick people should clean their hands too!
- COVER COUGHS AND SNEEZES by using clean tissues. Coughing or sneezing into your sleeve is OK when you don't have a tissue or handkerchief. A sick person should cover their coughs and sneezes too!
- DISPOSE OF USED TISSUES immediately into a trash or waste can. Always clean hand after using a tissue.
- KEEP SURFACES CLEAN by using household cleaners. Make sure to clean shared surfaces often such as faucets, light switches, and handles on doors and cabinets.
- HAVE THE SICK PERSON STAY HOME and avoid leaving unless seeking medical care. A sick person is most likely to spread flu when she or he has a fever or during the first 5 days of getting sick.
- KNOW WHEN TO SEEK MEDICAL CARE for a person who is sick.
- WASH ALL EATING UTENSILS AND DRINKING GLASSES WELL. No need to separate a sick person's utensils or drinking glasses or do any special washing or sterilizing.
- CHANGE BEDDING AND TOWELS. Clean hands after touching soiled laundry. No need to clean a sick person's laundry separately.
- AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH. Germs often spread this way.
- WEAR A MASK over your nose and mouth if you are giving care to a sick person.

Where Can I Learn More?
- Your healthcare provider
- Your local Public Health Agency
- On these Web sites
  - codeready.org
  - www.pandemicflu.gov
- Local and national news

CLEAN HANDS BEFORE AND AFTER CARING FOR A SICK PERSON