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)

If the person has flu symptoms they should:

- Take fever reducers such as: acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil or Motrin)
- Rest
- Drink fluids
- Stay home
- Drink plenty of fruit juices, soda, tea, sport drinks, water or Electrolyte Drink
- Avoid Alcohol
- Eat light foods—clear soups, applesauce, crackers
- Use blankets or warm covers as needed

Electrolyte Drink:
- 1 quart water
- 1/2 tsp. baking soda
- 1/2 tsp. table salt
- Mix well and flavor with lemon juice or sugar-free Kool-Aid®.

But 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 confused or extremely irritable
- 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

Where Can I Learn More?

- Your healthcare provider
- Your local Public Health Agency
- Local and national news
- Other Metro Region EMS brochures
- On these Web Sites
  - codeready.org
  - pandemicflu.gov
  - ReadyCarver.org
  - emsmn.org

Prevent the Spread of Pandemic Flu

- Disinfect door knobs, switches, handles, toys and other surfaces that are commonly touched around the home or workplace.

Disinfectant:
- 1 gallon water
- 1/4 cup bleach
- Mix up a fresh batch every time you use it.