

Flu Signs & Symptoms



HOW TO CARE FOR THE FLU AT HOME

- *Cover coughs and sneezes*
- *Avoid close contact with others while you are sick. Stay at home for 7 days after symptoms begin or until you have been symptom free for 24 hours*
- *Wash hands often*
- *If at high risk for complications, avoid close contact with family members who are sick*

HOW TO LESSEN THE SPREAD OF FLU AT HOME

- *Cover coughs and sneezes*
- *Avoid close contact with others while you are sick. **Stay at home** for 7 days after symptoms begin or until you have been symptom free for 24 hours*
- *Wash hands often*
- *If at high risk for complications, avoid close contact with family members who are sick*

The flu virus is an illness of the nose, throat and lungs that shows up in the winter months. It is spread from person to person.

Some common flu traits include: very high fever, feeling tired, headache, dry cough, sore throat, runny/stuffy nose, and sore

muscles. Some people may also have stomach problems and diarrhea. Coughs may last up to two or more weeks.

Healthy adults can spread the virus to others from one day before getting sick and up to five days after getting sick. This time frame can be longer in kids and those with other health issues.

Flu shots can be given to all adults as well as kids six months and older. Talk to your doctor to learn more or go to www.fluaz.org. You can also be safe by washing your hands often, cover your coughs and sneezes, keep your hands away from your face, and stay at home when you are sick.

The best things you can do for flu traits include: bed rest and liquids, Tylenol (or other products that do not contain aspirin) to reduce fever and body aches. There are some drugs your doctor can give you that may ease the traits of the flu in people at risk for serious illness. The drugs only work if you take them in the first few days of being sick.

If you think you have the flu and are worried about your symptoms, call your doctor or urgent care center. Please be careful not to make others sick and stay at home if you can.

