



# Got the Flu Bug?

The flu (influenza) can cause mild to severe illness. The flu can spread from person to person. Although most healthy people recover from the flu without complications, some people (especially young children, pregnant women, older people, and people with chronic health problems) are at higher risk for serious complications from the flu.

## Flu Symptoms

Flu symptoms include:

- Fever
- Cough
- Body Aches
- Nausea, vomiting and diarrhea
- Sore throat
- Runny or stuffy nose
- Extreme tiredness
- Headache

## Slowing the Spread of Flu

- Wash your hands often with soap and warm water
- Use alcohol-based hand sanitizer if you can't wash your hands
- Cover your mouth and nose with a tissue when you cough or sneeze and throw the tissue away. If you don't have a tissue, cough or sneeze into your sleeve.
- Keep your hands away from your eyes, nose and mouth.

## People Who Are Sick

- Stay home from work and school.
- Don't run errands
- Consider wearing a surgical mask when you're around others to help stop the spread of the flu.

## Care for People with the Flu

- Rest and plenty of liquids
- No alcohol or tobacco
- Medications to relieve flu symptoms
- In some cases, a health-care professional may prescribe antiviral drugs to treat the flu. *Antibiotics do not cure the flu*

## Reducing Fever

- Give plenty of fluids
- Give fever-reducing medication (e.g.: acetaminophen, aspirin, or ibuprofen) as directed on the label or your health care provider - **do not** give aspirin to anyone younger than 20
- To relieve discomfort, give a sponge bath with lukewarm water.

## Preventing Dehydration

Dehydration occurs when the body loses too much water and it's not replaced quickly enough. Begin giving liquids at the first signs of the flu and follow these tips:

- In addition to plenty of liquids, give ice and light, easily digested foods like soup and broth.
- If drinking liquids makes nausea worse, give one sip at a time until able to drink again.
- Liquids that contain electrolytes (like sports drinks) are good for anyone who has diarrhea or vomiting.



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