

What do I do if I get the flu?

For more information visit: www.flu.gov

- . Stay at home unless you need medical care.
- . If your symptoms get worse, contact your health care provider for advice.
- . Follow your health care provider's instructions.
- . Drink plenty of clear liquids (i.e. water, tea, etc)
- . Get plenty of rest.
- . Make sure to wash your hands often.
- . You may take over-the-counter medications to reduce fever or relieve pain.
- . Children and teens should not take aspirin-containing products.

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