

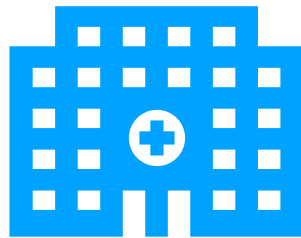


PREVENTION

FLU SHOT 6 months and older
Wear a mask
Cover your cough
Wash your hands
Fruits and veggies
Exercise
Plenty of sleep
Decrease Stress

I GOT THE FLU - NOW WHAT?

STAY HOME
Wear a mask
Rest and hydrate
Vitamin C
Sun exposure - vitamin D
Pain or fever: Motrin/tylenol
Sore throat: Lozenge, hot tea, hot shower, humidified air
Antiviral: doctor/clinic/urgent care



EMERGENCY ROOM

TO GO or NOT TO GO



Fever greater than 102
Difficulty breathing
Chest pain
Severe abdominal pain
Sudden dizziness
Continuous vomiting



Fever less than 102
Cough/sore throat
Runny/stuffy nose
Headache
Muscle aches/chills
Fatigue

References:

<https://www.mayoclinic.org/diseases-conditions/flu/expert-answers/flu-symptoms/faq-20057983>

<https://www.webmd.com/cold-and-flu/coping-with-flu#1>