

IMPORTANT HEALTH INFORMATION

How do I reduce my chance of getting the flu?

- Eat nutritious meals; avoid skipping meals.
- Drink plenty of water or fruit juices each day.
- Get plenty of sleep.
- Get flu shots for both seasonal and H1N1 flu.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your sleeve.
- Avoid being around people who are sick.
- Wash your hands frequently or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth because germs are spread in this way.

What are the symptoms of the flu virus?

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Nausea, vomiting and/or diarrhea

If I have these symptoms, what do I do?

- Stay home.
- Stay away from others as much as possible.
- Cover your mouth and nose with a tissue when coughing and sneezing.
- Discard used tissues in a waste basket.
- Wash your hands frequently.
- Use over-the-counter medications as appropriate to relieve symptoms.
- If your symptoms worsen or if you have trouble breathing, severe vomiting or diarrhea, bluish-gray skin color, chest pain, confusion, or dizziness, see your doctor.

When can I return to normal activity?

- In most cases, you stop being contagious seven days from the onset of symptoms.
- The CDC also recommends that you be fever free for at least 24 hours (without the use of fever-reducing medications) before returning to normal activity.