

IF YOU GET THE FLU, HERE IS WHAT TO DO

It's important to protect yourself and others this flu season. Most people who get the flu recover on their own at home, but these are steps that you can take to heal from the flu and avoid spreading germs to other people.

1



STAY AT HOME AND REST WHILE YOU'RE SICK

Your body needs rest while recovering from flu, and you can protect others by separating yourself from them! You can stay connected virtually through social media or the phone.

2



REST IN A ROOM SEPERATE FROM OTHER PEOPLE

Even at home, you can protect the people you love from the flu. Keep your personal items separate, especially from people who are at increased risk of getting very sick from the flu.

3



CLEAN, DISINFECT AND SANITIZE ANYTHING YOU USE/TOUCH WHILE SICK

Clean items such as bed sheets, pillow covers, and cloths. Disinfect frequently touched surfaces like doorknobs, electrical switches, and phone screens.

4



WASH YOUR HANDS

Wash your hands with soap and water for at least 20 seconds after you touch your face, blow your nose or cough or sneeze into your hands. If soap and water are not available, use an alcohol-based hand rub to cleanse your hands.

5



DRINK LOTS OF FLUIDS, LIKE WATER, SPORTS DRINKS AND BROTH-BASED SOUPS

Staying hydrated will help you get better faster. Fluids keep your respiratory system hydrated and help turn the nasty, thick mucus into a thin liquid you can cough up and spit out.

6



USE OVER-THE-COUNTER MEDICINE

Over the counter medicines such as antihistamines, decongestants, and cough medicines can help with your fever, cough, and other flu symptoms. If you're not sure about what to take, talk with your doctor or pharmacist for help.

7



IF YOU HAVE A HIGH-RISK CONDITION LIKE ASTHMA OR DIABETES, CALL YOUR DOCTOR

You are at increased risk to get very sick from the flu and may need antiviral medicine. Call your doctor as antivirals are prescription medicines and are not available over the counter.

8



RETURN TO DAILY ACTIVITIES WHEN SYMPTOMS HAVE DISAPPEARED

You can go back to in-person activities when you are fever-free for at least 24 hours without the use of fever-reducing medicines, or after symptoms have improved (generally, at least 4-5 days after flu symptoms started).



For more information about the flu visit

<https://www.vdh.virginia.gov/epidemiology/influenza-flu-in-virginia/>

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