

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 are able to take care of themselves at home. There are specific things you can do to heal from the flu, and avoid spreading germs to other people,



STAY AT HOME AND REST WHILE YOU'RE SICK

Your body needs rest to heal, and you can protect others by keeping your germs home with you! You can stay connected electronically, like with social media or the phone.



REST IN A ROOM SEPERATE FROM OTHER PEOPLE

Even at home, protect the people you live with from the flu, especially people at high risk of getting very sick.



CLEAN AND SANITIZE ANYTHING YOU USE WHILE SICK.

Clean items such as dishes or sheets. You will also need to get rid of flu germs on items like doorknobs and phone screens.



For more information visit our San Diego Influenza Webpage

[Tinyurl.com/SDCountyFlu](https://www.tinyurl.com/SDCountyFlu)

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WASH YOUR HANDS

Washing your hands is especially important after you touch your face, blow your nose or cough or sneeze into your hands.



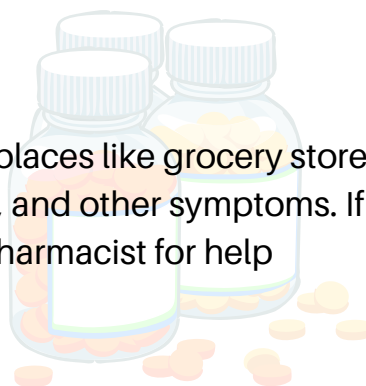
DRINK LOTS OF FLUIDS, LIKE WATER, SPORTS DRINKS AND BROTH

Your body needs to stay hydrated (have enough fluids) to do its job: keep you healthy, or work to get better when you're sick.



USE OVER-THE-COUNTER MEDICINE

Medicines can be bought without a prescription at places like grocery stores or drug stores. These may help with your fever, cough, and other symptoms. If you're not sure of what to take, call your doctor or pharmacist for help.



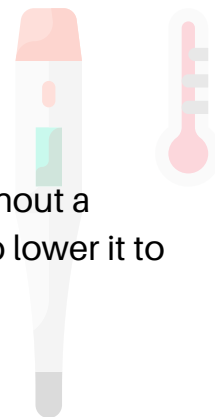
IF YOU HAVE A HIGH-RISK CONDITION LIKE ASTHMA OR DIABETES, CALL YOUR DOCTOR.

You may need anti-viral medicine to treat your flu, and you may need a prescription from your doctor.



RETURN TO DAILY ACTIVITIES WHEN SYMPTOMS HAVE DISAPPEARED

You can go back to in-person activities when you've gone 24 hours without a fever. It is important that your fever has gone away without medicine to lower it to know that you're safe to be around people again.



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