

## WHAT YOU NEED TO KNOW

- Virus spreads to the air through coughing, laughing, and talking. An unprotected cough can spread the virus as far as 5 feet away.
- Cover your mouth when coughing and wash your hands immediately afterward.
- After onset of symptoms, adults are contagious for 3-5 days, children for 7. During this time, stay home, rest, drink lots of fluids.
- To avoid spreading the illness, reduce contact with other people.
- Treat the symptoms. Take acetaminophen (Tylenol) for headaches, muscle aches, and fever. This will increase your ability to rest.

## WHEN TO SEE THE DOCTOR

### Call your doctor if:

- You develop a productive cough with green, yellow, or reddish phlegm;
- Your fever is unrelieved by over-the-counter drugs such as ibuprofen (Advil), or acetaminophen (Tylenol);
- You develop difficulty breathing;
- You experience a change in mental status such as confusion;
- You are pregnant, aged 50 years or over, have chronic lung, kidney, liver, or heart conditions, metabolic conditions including diabetes, anemia or other blood conditions, or a weakened immune system because you are at elevated medical risk for influenza complications.

## IF YOU DO SEE THE DOCTOR

**You may want to ask about new medications for treating flu.**