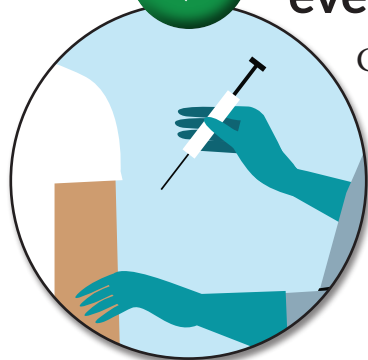


# Healthy Habits to Help Prevent

# INFLUENZA



## Get vaccinated every year.



Get your annual flu vaccine. Vaccination remains the most effective prevention tool against influenza.



## Cover your mouth and nose.



Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.



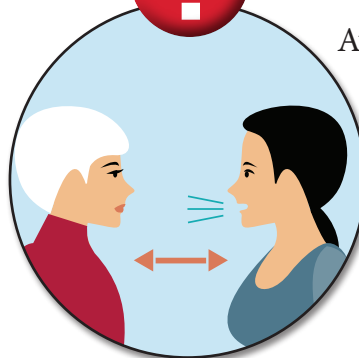
## Clean your hands.



Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand sanitizer.



## Avoid close contact.



Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.



## Avoid touching your eyes, nose or mouth.



Germs are often spread when people touch something that is contaminated with germs and then touch their face.



## Stay home when you are sick.



If possible, stay home from work, school and errands when you are sick. This will help prevent spreading your illness to others.

Source: Centers for Disease Control and Prevention (CDC). (2021, June 24). *Healthy Habits to Help Prevent Flu*. <https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>.

# What to do if You Get Sick With

# INFLUENZA

## What are the symptoms of influenza?

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms: fever (although not everyone with flu will have fever) or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Some people may have vomiting and diarrhea, though this is more common in children than adults.

## What should I do if I get sick?

Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care. If, however, you have symptoms of flu and are in a high risk group, or are very sick or worried about your illness, contact your health care provider.

## Do I need to go to the emergency room if I am only a little sick?

No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill. If symptoms do not improve or worsen, contact your health care provider or go to the emergency room.

## Are there medicines to treat the flu?

Yes. There are drugs your doctor may prescribe for treating the flu called “antivirals.” These drugs can make you better faster and may also prevent serious complications.

## How long should I stay home if I’m sick?

You should stay home for at least 24 hours after your fever is gone except to get medical care or other necessities.

## Antivirals You May Be Prescribed

These drugs are used to either treat the infection after the onset of symptoms (treatment) or prevent the development of infection if exposed (chemoprophylaxis).

Drugs Taken By Mouth		Inhaled Drug
Oseltamivir	Baloxavir	Zanamivir
<ul style="list-style-type: none"><li>◆ Take with or without food.</li><li>◆ Less likely to cause nausea if taken with food or milk.</li><li>◆ Infants should take the suspension prepared by the pharmacist. Ask for a measuring device from the pharmacist to ensure proper dosing. Do not use a household teaspoon to measure the dose.</li><li>◆ If traveling, a pharmacist-prepared suspension can be stored in a refrigerated environment for up to 35 days or at room temperature for five days.</li><li>◆ If swallowing a capsule is difficult for adults or older children, capsule contents may be emptied into a small amount of sweetened liquid (e.g., brown sugar liquid, corn syrup or sugar-free liquid chocolate). All of the liquid should then be consumed.</li></ul>	<ul style="list-style-type: none"><li>◆ Do not take with dairy products, calcium-fortified beverages, laxatives, antacids or oral supplements containing iron, zinc, selenium, calcium or magnesium.</li><li>◆ May take with or without food.</li><li>◆ Store in the package until ready to administer.</li></ul>	<ul style="list-style-type: none"><li>◆ This is an inhaled medication requiring the user to take a deep breath of the medication and hold that breath for about 10 seconds. This may represent a challenge for children, so discuss with your health care provider.</li><li>◆ Individuals with asthma or other pulmonary conditions should use another antiviral agent.</li><li>◆ Use of the inhaler requires specific instructions for loading the medication packets, puncturing the packets prior to use and cleaning the inhaler after use. Counseling provided by pharmacists should be used, including demonstration, when possible.</li></ul>

Source: Centers for Disease Control and Prevention (CDC). (2021, January 25). *Flu: What To Do If You Get Sick*. <https://www.cdc.gov/flu/treatment/takingcare.htm>.