



# What do you do if you're sick with the flu?

Even healthy people can get the flu. If you think you have the flu, or are suffering with flu-like symptoms, take these next steps:

- **See your doctor for treatment.** Flu antiviral (prescription) drugs can treat your illness, shorten the time you are sick and help prevent serious complications.
- **Stay home at least 24 hours** even after your fever is gone except to get medical care or other necessities.
- **While sick, limit contact with others** as much as possible to keep from infecting them.
- **Cover your coughs and sneezes with a tissue or your arm** and help stop the spread of the flu.

For more information,  
contact the Flu Coordinator at:



For more information and facts about the flu visit:

<http://www.cdc.gov/flu/about>