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**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**evenafter 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.

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**For more information and facts about the flu visit:**

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