

Influenza: What You Can Do At Home



Influenza (Flu) is a very contagious respiratory illness caused by influenza viruses. People with flu are most contagious in the first 3-4 days after illness begins. People with the flu should stay home until 24 hours after their fever breaks.

What You Can Do:



Get Plenty of Rest



Drink Water and Clear Fluids



Take Medicine for Fever and Sore Throat

Children should not be given aspirin to help with fevers or sore throats.

Prevent Spreading the Flu:



Avoid Contact with Others



Wash Your Hands Often



Cover Coughs and Sneezes



Talk to your doctor if you think you have the flu. Antiviral drugs may be a treatment option and work best when they are started within 2 days of getting sick.