

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 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 Flu:



Avoid Contact
with Others



Wash Your
Hands Often



Cover Coughs
and Sneezes



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