With reported flu cases on the rise, here's what you can do to protect yourself and others:

1. **Get yourself and your family vaccinated.**
   - Everyone 6 months or older should have a flu shot.
   - The flu shot does not and cannot cause flu illness.
   - If you are pregnant or considering pregnancy, please get a flu vaccine to reduce the risk of illness in your baby.

2. **Take preventive actions:**
   - Wash your hands often with soap and water or alcohol-based hand rub.
   - Cover your coughs and sneezes.
   - Stay away from people who are sick.

**ALREADY HAVE SYMPTOMS? SEE REVERSE FOR TREATMENT GUIDELINES > >**
## What to do about the flu

**GUIDELINES FOR DECIDING ABOUT CARE**

### SYMPTOMS

#### ADULTS AND CHILDREN – NO FEVER

Temperature less than 100°F (37.8°C), with one or more of the following:
- Cough
- Runny nose

**PROBABLY A COLD**
- Rest
- Home care as needed

#### ADULTS AND CHILDREN WITH FLU-LIKE SYMPTOMS

Temperature greater than 100°F (37.8°C), with sore throat or cough, and one or more of the following:
- Significant fatigue
- Headache
- Vomiting

**MAY BE THE FLU**
- Consider alternative diagnoses such as strep throat
- Stay home & rest until no fever for at least 24 hours without taking fever-reducing medication

See CDC treatment information: [cdc.gov/flu/treatment](http://cdc.gov/flu/treatment)

#### ADULTS AND CHILDREN AT HIGH RISK FROM FLU

Some people are at high risk of developing serious complications if they get sick with flu-like symptoms:
- Children younger than 5 years, especially those under 2
- Adults 65 and older
- Pregnant women (and women up to two weeks postpartum)
- People of any age with certain chronic medical conditions such as asthma, diabetes, or heart disease

CALL your health care provider.

#### ADULTS AND CHILDREN WITH ADDITIONAL SYMPTOMS

All people with flu-like symptoms are at greater risk if:
- Experiencing shortness of breath, difficult or painful breathing
- A child with fever is too quiet and less active than normal, refuses to play or is agitated
- Illness returns after apparent recovery
- Individual is severely ill and you need help caring for him/her

**CONTACT YOUR HEALTH CARE PROVIDER IMMEDIATELY OR GO TO THE EMERGENCY ROOM. CALL 911 IF NECESSARY**

#### FOR INFANTS:

If child is less than 3 months old, DO NOT give fever-reducing medicine before seeking medical advice.

**EMERGENCY WARNING SIGNS IN CHILDREN**

- Fast breathing or trouble breathing
- Bluish skin color or lips
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve, but then return with fever and worse cough
- Fever with a rash

#### EMERGENCY WARNING SIGNS IN ADULTS

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and worse cough

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1. There may be situations where some conditions may be managed at home with proper intervention