What to do if You Have the Flu?

Home/self care

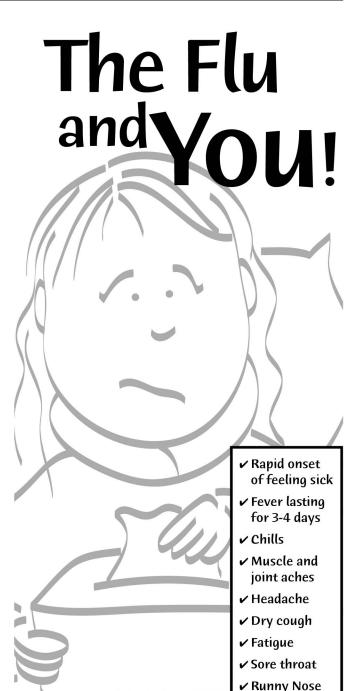
- Stay home.
- Drink lots of fluids water and juice are best.
- Rest.
- · Wash hands often.
- Humidity (warm showers, baths, cool humidifier).
- · Cough medicine may be helpful.
- · Gargle with warm water.
- Take acetaminophen (i.e. Tylenol, Ibuprofen, Motrin) as directed on package insert or bottle.
- Traditional remedies may be helpful.

Do Not...

- Smoke.
- Go out to Social Gatherings.
- · Drink Alcohol.

Call your Doctor or Nurse if:

- Breathing is difficult, painful or noisy.
- Coughing up bloody or green spit.
- You have had a fever (above 38°C or 100°F) for more than 4 days.
- You were feeling better and suddenly your fever returns.
- You or others notice that you are becoming more drowsy or confused.
- You have heart or lung disease or any other condition that requires regular medical attention.





Territories Health and Social Services
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What is the Flu?

- It is an illness caused by the influenza virus.
- It affects your lungs and airways.
- It is very contagious and spreads easily between people.
- It usually lasts 5-7 days.

It is Not...

- Nausea or vomiting (stomach-flu).
- A cold.
- Treatable with antibiotics (it is not caused by a bacteria).



How is it Spread?

- Through droplets from respiratory tract secretions from people who are sick.
- By breathing in the virus when a sick person sneezes, talks or coughs, or;
- After close contact with an infected person and touching something that they have handled and then touching your own nose, eyes or mouth.
- Signs of sickness may occur as early as 1 to 3 days after exposure to the flu.

What Are The Possible Symptoms?

- Rapid onset of feeling sick.
- Fever lasting for 3-4 days.
- Chills.
- Muscle and joint aches.
- Headache.
- Dry cough.
- Fatigue.
- Sore throat.
- Runny Nose.

What to Expect...

Day 1-3:

 Sudden onset of fever, headache, muscle pain and weakness – may have dry cough, sore throat and stuffy nose.

Day 4-7:

- Hoarse, dry or sore throat, cough and possible mild chest discomfort.
- Fever and muscle aches may decrease.

Day 8:

- Symptoms decrease.
- Cough & tiredness may last 1-2 weeks or more.
- Resume normal activities, as you feel able.

Ways to protect yourself against the flu...

- The single most important step you can take to prevent spreading the flu is to wash your hands often, especially after blowing your nose, sneezing or coughing, and before handling food.
- Avoid direct contact with people who have the flu.
- Getting a yearly vaccination is a good way to avoid getting or to lessen the severity of influenza.
- Remember not to share eating utensils or drinks.