

Worried about the flu?

Stay healthy this flu season.

The best way to protect yourself and your family is to get a flu shot. The sooner the better. It can take 2 weeks to become fully effective. Washing your hands often and avoiding sick people helps, too.

If you get sick, you may not need to see a doctor.

If you think you have the flu—and you don't have an ongoing health condition—you can usually treat yourself at home. Get lots of rest and drink plenty of fluids.

When to see a doctor.

- Fever higher than 100.4°F for more than 4 days.
- Fever goes away then comes back 2 or more days later.
- Coughing up mucus tinged with blood.
- Rattling chest sounds when breathing deeply.
- Fainting spells, dizziness or severe dry mouth.
- Less urinating. For babies, less than 3 wet diapers in 24 hours.
- Pregnant. See a doctor right away, don't wait for an appointment.
- Younger than 5 years or older than 64 years.
- Have a health condition that increases your risk for flu complications—like diabetes, heart failure or cancer.

When to call 911.

- Fast breathing or trouble breathing.
- Pain or pressure in chest or abdomen.
- Bluish or grayish skin.
- Severe or persistent vomiting.
- Dehydrated—dry lips or mouth, less urinating.
- Can't wake up or interact with others.
- Sudden dizziness.
- Can't speak in full sentences.
- Feel confused.
- Child is so irritable they don't want to be held.

A doctor may prescribe antiviral medicine.

If you feel sick and are at risk for flu complications—younger than 5 years, older than 64 years, pregnant or have a health condition—see a doctor right away. They should prescribe antiviral medicine within 48 hours.

People hospitalized with severe flu should also receive antiviral medicine. For otherwise healthy people, antiviral medicine can shorten the length of illness by 1 or 2 days.



Learn more at tpchd.org/flu.