

Facts About the Flu

- ◆ Most people who get the flu – seasonal or H1N1 – will recover without serious complications.
- ◆ Treatment with antibiotics and antiviral medications is generally not needed and will not be prescribed unless necessary.

Stay Home

Often the best place to recover from the flu is at home. If you get sick with flu-like symptoms, doctors recommend you stay home and avoid contact with other people. You should:

- Take over-the-counter medication as needed for fever and pain. Children under 4 should not be given over-the-counter medicine without approval of a health care provider.
- Drink clear fluids such as water, broth, sports drinks, electrolyte beverages for infants.
- Remain at home for at least 24 hours after fever is gone.
- Wash your hands frequently!

When to go to the doctor

Some people are more likely to get flu complications and they should talk to a health care provider. They are:

- Children younger than 5, but especially children younger than 2 years old
- People 65 and older
- Pregnant women
- People who have chronic health conditions or weakened immune systems.

Emergency warning signs

Anyone who has these warning signs should get medical care right away.

In children

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Cold or flu-like symptoms improve but then return with fever and worse cough

In adults

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

