



# Think you may have the *flu*?

If you have flu-like symptoms, you should **stay home**, **treat your symptoms** and **avoid contact** with others.

*Most people with the flu only experience mild illness and don't need medical care or antivirals.*

## Do I have the flu?

You may have the flu if you have some or all of these flu-like symptoms:

- Fever\*
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Sometimes diarrhea or vomiting

*\*It's important to note that not everyone with flu will have a fever.*

## How to treat flu symptoms.

St. Claire HealthCare recommends:

- Getting plenty of rest
- Drinking lots of fluids
- Taking acetaminophen for symptoms (*Avoid using aspirin*)
- Avoiding contact with others as much as possible
- Practicing continuous hand hygiene

## Do I need a flu test or antiviral?

St. Claire HealthCare, in accordance with the Center for Disease Control and Prevention (CDC), recommends flu testing and antiviral treatment for the following list of high-risk groups that are known to have an increased risk of serious complications and for those who are very sick with flu-like symptoms.

- Children younger than 5, especially children 2 years and under
- Adults 65 years or older
- Women who are pregnant
- Residents of nursing homes or other long-term care facilities
- People of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease)

Treatment with antivirals works best when begun within 48 hours of getting sick, but can still be beneficial when given later in the course of illness.

## Seek medical care if you have emergency warning signs of flu.

### Adults:

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

### Children:

- Fast breathing or trouble breathing
- Bluish skin color
- 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 that improve but then return with fever and worse cough
- Fever with a rash

Get medical help right away for any infant who has any of these signs:

- Being unable to eat
- Has trouble breathing
- Has no tears when crying
- Significantly fewer wet diapers than normal

