



## Preventing and Responding to the Flu

As you know, there are flu viruses causing illness in Wake County, North Carolina, the United States and countries around the world. This includes the novel H1N1 virus. We would like to provide you with information if you, your children or others become ill.

If you are sick your health care provider can decide if you need tests and treatment. According to the Centers for Disease Control and Prevention (CDC), "It is expected that most people will recover without needing medical care." At this time, the CDC recommends recognizing flu-like symptoms early, staying home when sick, covering coughs and sneezes and washing hands often. The following information will help you know what you can do if you think you or someone close to you has flu-like symptoms.

### **Question: What are the symptoms of a flu-like illness?**

#### **Answer:**

- Fever greater than 100° F
- Body ache
- Cough
- Headache
- Sore throat
- Chills
- Fatigue
- Stuffy nose
- Some people may have vomiting and diarrhea.

### **Question: What should I do if I have symptoms of flu-like illness?**

#### **Answer:**

- Call or go to your doctor if you think you need medical care.
- Stay home until you have been free of fever or symptoms for 24 hours.
- Avoid close contact with others. Stay in one room and away from others as much as possible.
- Wear a mask if you are in close contact with others (within 6 feet). You should also wear a mask if you leave the house or go to the doctor.
- Cover coughs and sneezes with a tissue. Throw used tissues in the trash. If you don't have a tissue, cough or sneeze into your sleeve. If you cough or sneeze into your hands wash them right away.
- Wash your hands with soap and water or use an alcohol-based hand gel right after you sneeze, cough, or throw a used tissue in the trash.

### **Question: How do I protect myself and my family from flu-like illness?**

#### **Answer:** There are many things you can do (and teach children to do):

- Wash your hands often. Use soap and water and scrub for 15-20 seconds.
- Keep your hands away from your eyes, nose and mouth.
- Avoid sick people. Stay home if you are sick. Keep sick children home from school or childcare.
- Stay as healthy as possible. Get plenty of sleep, drink plenty of fluids, be physically active, eat healthy foods and manage stress.

Please visit the CDC website at [www.cdc.gov/flu/takingcare.htm](http://www.cdc.gov/flu/takingcare.htm) for additional information.