

Got the Flu?



You suddenly have a cough, headache, body aches, a fever...it could be the **FLU**. The flu sure can make a person feel miserable, but most people can be safely cared for at home. Getting a flu vaccine every year can help prevent the flu. But, if you do get infected, follow these helpful tips.

Self Care Tips

- Drink plenty of liquids.
- Eat.
- Rest.
- Use over-the-counter pain relievers such as Tylenol® or Advil® as needed. (**NEVER** give aspirin to children or teenagers who have flu-like symptoms, particularly fever.)
- Gargle with salt water for a sore throat.
- Avoid drinking alcohol and smoking.

Protect Others

- Try to avoid close contact with other household members.
- Wash hands frequently.
- Cover coughs and sneezes with tissues.
- Throw used tissues away immediately and wash hands.

Call a health care provider if you think you have the flu. They will tell you if you should come in for a visit. Some people are at greater risk of having severe complications from the flu. They may need to be seen by a health care provider. People at greater risk are: older people, pregnant women, young children, and people with chronic medical conditions.

When to Seek Medical Care Quickly

Children

- Fast breathing or trouble breathing
- Blue color to the skin
- Not drinking enough liquids
- Not waking up or not interacting
- Not wanting to be held
- Flu symptoms gets better but then return with fever and worse cough
- Fever with a rash

Adults

- Difficulty breathing or short of breath
- Pain or pressure in chest or abdomen
- Sudden dizziness
- Confusion
- Severe vomiting



For more information visit: www.nj.gov/flu

