



You and the Flu

Prevention is best for you and your family:

1. Get the flu shots! Both for “regular” seasonal influenza and novel H1N1 when available.
2. Wash your hands with soap and water often or use alcohol-based hand sanitizer especially after coughing or sneezing. Consider bringing a bottle of alcohol-based hand sanitizer to school or work for your own use.
3. Cover your cough and sneeze. Use a tissue or cough into your sleeve.

If you become ill:

(Fever of 100°F or greater, cough and/or sore throat)

1. **Stay home** from school or work until you are fever free for 24 hours without the use of fever reducing medication like ibuprofen or Tylenol. Staying home is not only better for you, but it will help prevent the spread of the flu virus to others.
2. Contact your health care provider if you have asthma or other special health care needs. You may be given antiviral medication.