



Don't Spread the Flu!

If you or your child does get the flu, follow these simple guidelines:

- Keep sick children at home—flu spreads very quickly in schools
- Sick children and adults should stay home until they are fever-free at least 24 hours without fever reducing medicines—this could take up to 7 days
- Cover coughs and sneezes with disposable tissue or your elbow
- Avoid close contact with others while you are at home sick—stay at least 6 feet away

Flu can be infectious for up to 7 days—do not go back to school or work too soon

Emergency Warning Signs

If the person with the flu experiences any of the following symptoms or signs, seek emergency medical care immediately.

Concerns in Children

Fast breathing or trouble breathing
Not drinking enough fluids
Severe or persistent vomiting
Flu-like symptoms improve but then return with fever or worse cough
Not waking up or responding to caregiver
Irritability and not wanting to be held
Bluish or gray skin color

Concerns in Adults

Difficulty breathing or shortness of breath
Not drinking enough fluids
Severe or persistent vomiting
Flu-like symptoms improve but then return with fever or worse cough
Confusion
Sudden dizziness
Pain or pressure in the chest or stomach



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For more information or vaccine locations, please call the Flu Hotline at 602-372-3996 or 1-877-764-2670 or go to www.WeArePublicHealth.org