

# Facts About the Flu

- ◆ Most people who get the flu – seasonal or H1N1 – will recover without serious complications.
- ◆ Treatment with antibiotics and antiviral medications is generally not needed and will not be prescribed unless necessary.

## Stay Home

Often the best place to recover from the flu is at home. If you get sick with flu-like symptoms, doctors recommend you stay home and avoid contact with other people. You should:

- Take over-the-counter medication as needed for fever and pain.
- Drink clear fluids such as water, broth, sports drinks, and electrolyte beverages for infants.
- Remain at home for at least 24 hours after fever is gone.
- Wash your hands frequently!

## When to go to the doctor

Some people are more likely to get flu complications and they should talk to a health care provider. They are:

- Children younger than 5, but especially children younger than 2 years old
- People 65 and older
- Pregnant women
- People who have chronic health conditions or weakened immune systems.

## Warning signs

**Anyone** who has these warning signs should get medical care right away.

### In children

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Cold or flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

### In adults

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

