WHAT ARE SYMPTOMS OF THE FLU?¹
People who have the flu often feel some or all of these symptoms that usually start suddenly:
- Fever
- Chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Extreme tiredness
- Nausea, Vomiting, Diarrhea (more common in children)

IF YOU THINK YOU HAVE THE FLU:

DO:
- Talk to or visit your doctor.
- Follow your doctor’s treatment plan.
- Stay hydrated.
- Stay home and rest.

DON’T:
- SHARE IT!
  - Avoid close contact with people when possible.
  - Wash your hands properly.
  - Cover your coughs and sneezes.

HOW DOES THE FLU SPREAD?

Direct: A person with the flu coughs, sneezes, or talks, releasing droplets carrying the flu virus.

Indirect: A person touches a surface with the flu virus on it and then touches their nose or mouth.

PROTECT YOURSELF IF YOU AREN’T SICK:

- Wash your hands often.
- Keep a distance from people who are sick.
- Continue practicing healthy habits (e.g., stay hydrated, get sufficient sleep).

Get a flu shot if you haven’t yet. It’s not too late…flu activity can continue as late as May!²

5 STEPS TO CLEAN HANDS:³

1. Wet your hands with clean, running water, and apply soap.
2. Lather your hands by rubbing them together with the soap. Don’t forget the backs, between fingers, and under nails.
3. Scrub for at least 20 seconds. Don’t have a timer? Sing “Happy Birthday” twice!
4. Rinse well under clean, running water.
5. Dry using a clean towel or air dry.

HOW LONG IS A PERSON WITH THE FLU CONTAGIOUS?⁴

Most adults:* 1 day before symptoms develop and 5 to 7 days after becoming sick.

*Young children and people with weakened immune systems can be contagious for a longer period of time.

CONSIDERATIONS FOR PEOPLE WITH DOWN SYNDROME:
Individuals with Down syndrome are likely to be at higher risk for flu-related complications. CDC recommends that doctors treat flu promptly with antiviral medications in patients with underlying conditions.

https://www.cdc.gov/flu/about/disease/high_risk.htm

FOR MORE INFORMATION ABOUT THE FLU, VISIT:

https://www.cdc.gov/flu/index.htm
https://medlineplus.gov/flu.html