

# Stay one step ahead of the flu

There are steps you can take to help protect yourself and others from the flu. If you or someone you love does get sick, use this checklist to help identify and understand the symptoms. Plus, learn effective at-home treatment remedies and know when to seek further care. **Talk to your healthcare professional if you have any questions or concerns.**

## Step 1: Prevent



**Wash hands often and thoroughly** (for at least 20 seconds), especially after being in public places. This will help keep germs from spreading



**Don't touch your eyes, nose, and mouth**—these are places viruses can enter the body



**Disinfect surfaces frequently**, especially high-contact areas like bathrooms, work spaces, and cell phones



**Avoid sharing** food, drinks, utensils, and personal items



**Avoid close contact** with those who are already sick



**Keep your immune system strong** by exercising daily, eating healthy, and getting the proper amount of sleep



**Get the flu vaccination**—it's not too late! The CDC recommends annual flu vaccinations for everyone 6 months and older, unless contraindicated

## Step 2: Identify

**If you check any of the boxes below, you or your child may have the flu.** The chance of having the flu is higher if any of these symptoms came on suddenly.

Fever\*

Sore throat

Dry cough

Body aches, especially in the arms, legs, and back

Stuffy or runny nose

Sneezing or watery eyes

Headache

Loss of appetite (more common in children)

Extreme fatigue

Chills

Nausea

Vomiting or diarrhea (more common in children)

*\*Not everyone with flu will have a fever. If you experience any of these symptoms without fever, you still may have the flu.*



Find dosage charts, quizzes, and videos at [GetReliefResponsibly.com](https://www.getreliefresponsibly.com)

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## Step 3: Treat

### Caring for KIDS

- ✓ **Keep your child home from daycare or school and resting** until their symptoms go away, plus an additional 24 hours after their fever breaks
- ✓ **Give your child lots of fluids** to help prevent dehydration. If they refuse, try a popsicle. For babies, use extra formula or milk throughout the day
- ✓ **Use saline (salt) water nose drops or a humidifier** to help loosen congestion and clear a stuffy nose. For babies, use a suction bulb after using drops to help remove mucus
- ✓ **Soothe a cough or sore throat** with warm liquids. Consider honey if your child is older than 1 year
- ✓ **Dress your child in layers** so you can easily add or remove clothing, since they may have chills or fever

### When to call a healthcare professional

- A fever that won't get better even though your child is taking medicine
- Unusually tired or fussy
- Acting abnormal, like refusing to eat or crying often
- Holding their ears or stomach
- Wheezing
- No signs of improvement. Flu symptoms typically improve significantly in one week or less
- Their symptoms get better and then come back or change
- Has another condition, like lung disease, diabetes, or asthma
- If your child is UNDER 3 months (12 weeks), call a healthcare professional at the first sign of flu-like symptoms

### Caring for ADULTS

- ✓ **Stay at home and rest** until your symptoms go away, plus an additional 24 hours after your fever breaks
- ✓ **Drink lots of fluids** to help prevent dehydration
- ✓ **Use saline (salt) water nose drops or a humidifier** to help loosen congestion and clear a stuffy nose
- ✓ **Soothe a cough or sore throat** with warm liquids, a throat lozenge, or honey
- ✓ **Dress in layers** so you can easily add or remove clothing, since you may have chills or fever
- ✓ **Stop smoking and avoid alcohol**—these habits can make symptoms worse

### When to call a healthcare professional

- A fever that won't get better even though you're taking medicine
- A cough that disrupts your sleep
- Face pain caused by a sinus infection
- Chest pain
- Shortness of breath
- No signs of improvement. Flu symptoms typically improve significantly in one week or less
- Your symptoms get better and then come back or change
- You are at high risk for complications because you have certain health conditions, are pregnant, or are age 65 or older

### Use an over-the-counter (OTC) analgesic that's appropriate for you or your child's symptoms.

Remember, check every medicine label and take **ONLY 1** medicine that contains the same kind of active ingredient at a time.

### An FDA-approved medicine used to treat the flu may be recommended.

Antibiotics won't work for the flu virus, but flu symptoms may lead to a bacterial infection, like bronchitis, sinusitis, ear infections, or pneumonia. These conditions may require an antibiotic.

### You know your body and child best.

Contact a healthcare professional or seek emergency medical help if any symptom is causing concern.