

PERSONAL INFLUENZA PREPAREDNESS SHOULD NOT BE A SECRET!

PROTECT yourself and your family, recognize the **SIGNS** and **SYMPTOMS** of influenza and **TREAT** symptoms of influenza at home!

PROTECT Yourself and Your Family

When thinking about protecting yourself and your family from the flu, including pandemic flu, don't forget to CHIRP:

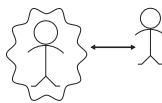
C **Cover your cough and sneeze** – Use tissues, dispose of them properly and then wash your hands.



H **Have healthy hands** – Wash your hands often and well.



I **Isolate yourself** – Maintain personal space of 3 - 6 feet to minimize exposure to influenza virus from those who may be ill; stay home if you become ill.



R **Reduce germs** in your home and workplace – Regularly disinfect common surfaces such as phones, remote controls, door knobs, light switches, toys, etc.



P **Prepare yourself and your family** – Get vaccinated yearly, and create an emergency plan and kit for you and your family.



SIGNS and SYMPTOMS of Flu

In general, symptoms such as fever, body aches, fatigue and dry cough are more common with the flu while a runny or stuffy nose is more common with a cold.

How can I tell the difference between the flu and a cold?

- Fever (102° - 104°) lasting 3 - 4 days
- Chills and Headache
- Muscle aches
- General weakness, extreme fatigue

ACCOMPANIED BY:

- Dry cough
- Sore throat
- Runny or stuffy nose with the above symptoms
- Occasionally, stomach or intestinal symptoms (nausea, vomiting, diarrhea). These symptoms are more common in children than adults.

TREATING Symptoms of Influenza at Home

While there are plenty of things you can do at home to make yourself and your family members more comfortable if you catch the flu, be sure to check with your family physician for specific guidance.

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| <ul style="list-style-type: none"> ▪ Get plenty of rest ▪ Drink lots of fluids ▪ Treat symptoms of flu with appropriate over-the-counter medicines: <ul style="list-style-type: none"> ✓ Acetaminophen or ibuprofen for fever and muscle aches if you are uncomfortable ✓ Never give aspirin to children or teenagers younger than 18 years old without first speaking to a physician | <ul style="list-style-type: none"> ▪ Dress in layers to make it easier to stay comfortable if you have a fever ▪ Avoid using tobacco and alcohol ▪ Follow CHIRP guidelines to protect other family members ▪ If you develop flu symptoms and have an existing serious medical condition, consult your physician | <ul style="list-style-type: none"> ▪ Difficulty breathing or sharp pain with deep breaths ▪ Bluish skin color ▪ Dizziness or fainting ▪ Drowsiness or mental confusion ▪ Cough with a lot of mucus ▪ Dehydration (dry mouth or excessive thirst) ▪ Severe or persistent vomiting | <ul style="list-style-type: none"> ▪ Severe or persistent symptoms (lasting more than a week) ▪ Return or worsening of fever or cough after symptoms have improved ▪ Worsening of an existing serious medical condition (e.g., heart or lung disease, asthma, diabetes, HIV, cancer, etc.) |
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Most people with the flu are cared for at home. However, you should seek further medical attention if you have the symptoms below:

