

HOME CARE ADVICE FOR PEOPLE WITH THE FLU

The actions below can help you feel better while you are sick and help keep you from spreading the flu to others.

- **DRINK LOTS OF FLUIDS** - Drink clear fluids such as water, broth, sports drinks, electrolyte beverages (for infants) to keep from getting dehydrated.
- **MEDICATIONS** - Take non-prescription medications like acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin®), and cough medicine to relieve symptoms of fever, pain, and cough. You do not need to take these medicines regularly if your symptoms improve.
- **DO NOT give** aspirin (acetylsalicylic acid) or products that contain aspirin to children or teenagers 18 years old or younger.
- **KEEP AWAY FROM OTHERS** as much as possible. Do not go to school or work until you no longer have a fever for 24 hrs without taking medications.
- **GET PLENTY OF REST.**
- **COVER COUGHS AND SNEEZES.**
- **CLEAN HANDS** with soap and water or an alcohol-based hand rub often and especially after using tissues and after coughing or sneezing into hands.

For more information, go to: http://www.cdc.gov/h1n1flu/guidance_homecare.htm