

## **What to do if you get the flu**

This fall brings cooler temperatures and two prominent flu viruses circulating throughout the Valley.

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It usually comes on suddenly and symptoms include fever, cough, sore throat, headache, extreme tiredness, runny or stuffy nose and muscle aches. Stomach symptoms may include nausea, vomiting and diarrhea, but are more common in children than adults.

Most children and adults who are generally in good health will recover from the flu without needing to visit a health care provider.

If you are sick with the flu, you may be ill for a week or longer. Stay home, unless you need medical care or other necessities, so you can get better and prevent others from getting ill. Drink plenty of fluids and rest as much as possible. In general, avoid contact with other people as much as possible to keep from spreading your illness, especially to those with chronic health conditions. Do not go to work or school for at least 24 hours after your fever is gone.

If you are ill and at high risk for flu complications or if you have severe flu symptoms, contact your health care provider or go to an urgent care clinic.