

Caring For Yourself During A Pandemic

IF YOU ARE UNWELL

- The biggest signs that you have the flu are sudden fever, dry cough, and aching body
- You may feel very weak and tired and may not want to get out of bed
- Other signs can be chills, aching behind the eyes, loss of appetite, sore throat, runny/stuffy nose
- After your symptoms appear, you can spread the virus to others for 4-6 days

WHAT CAN YOU DO FOR YOURSELF

- Rest
- Drink plenty of fluids
- Take acetaminophen or ibuprofen as instructed on the package to bring down your fever and muscle aches
- Antibiotics do not help to fight the flu because it is a virus
- Gargle with warm salt water
- Lozenges for your sore throat
- Saline nasal spray to help soothe or clear your stuffed nose
 - Try not to blow your nose as this can send infected particles into your sinuses
 - Throw out your used tissues right away
- Wash your hands
- If you buy medicine at the drug store, check with the pharmacist to make sure that you are getting the best medication for your symptoms
- IF YOU HAVE ANY QUESTIONS ABOUT MEDICATIONS, TALK TO YOUR PHARMACIST

WHEN TO SEEK MEDICAL ATTENTION

- If you are normally a healthy person and have been suffering with the flu, it is time to call the doctor or telehealth (1-866-797-0000) or 911 if:
 - You become very short of breath while resting or doing very little
 - Breathing is difficult or painful
 - You are coughing up blood
 - You are wheezing
 - You have had a fever for 3 – 4 days and you are not getting better or you may be getting worse
 - You have started to feel better, and suddenly you get a high fever and start to feel sick again
 - You are extremely drowsy and difficult to wake up
 - You have extreme pain in you ear
- If you have heart or lung disease or any other chronic condition that requires regular medical attention, if you are frail or if you have an illness or are on medications that affect your immune system and you get the flu, call your doctor

