

# Symptoms of Flu

- Fever (usually high)
- Headache
- Tiredness (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Nausea, vomiting, and diarrhea (more in children than adults)

## If the person has flu symptoms they should:

- Rest
- Drink fluids
- Stay home
- Take fever reducers such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil or Motrin)



# When to Seek Medical Care

## IF the person:

- Is unable to drink enough fluids (has dark urine; may feel dizzy when standing)
- Has the fever for more than 3 to 5 days
- Feels better, then gets a fever again

## CALL a healthcare provider

## Or IF the person:

- Is short of breath or is wheezing
- Coughs up blood
- Has pain in the chest when breathing
- Has heart disease (like angina or congestive heart failure) and has chest pain
- Is unable to walk or sit up, or function normally (others might be the ones to notice this—especially in elderly persons)

## GO RIGHT AWAY for medical care



### Infection: Don't Pass It On Team

U. S. Department of Veterans Affairs  
VA Central Office (13)  
810 Vermont Ave, NW  
Washington, DC 20420  
(202) 273-8567  
[www.publichealth.va.gov/flu/pandemicflu.htm](http://www.publichealth.va.gov/flu/pandemicflu.htm)  
[vaww.vhaco.va.gov/phshcg/Flu/pandemicflu.htm](http://vaww.vhaco.va.gov/phshcg/Flu/pandemicflu.htm)  
(VA staff only)  
[www.pandemicflu.gov](http://www.pandemicflu.gov)



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# How to Help Control the Spread of Flu



*This information is provided by the U.S. Department of Veterans Affairs (VA) for veterans, their families, friends, volunteers, and employees. It describes ways to help control the spread of influenza (flu) within our homes and keep ourselves and those around us as healthy as possible.*

# How to Help Control the Spread of Flu



**DON'T ENTER THE HOME** of a sick person (especially when she/he has a fever) if you are not needed for the person's care or support.

**AVOID GETTING TOO CLOSE** to a sick person if you must be in or enter the home of a sick person. Keep at least three feet away from the sick person.

**SEPARATE A SICK PERSON** from other people in the home.

**HAVE ONLY ONE PERSON PROVIDE CARE FOR A SICK PERSON**

**KNOW THE SYMPTOMS OF FLU** and be aware of these in other people in your home, work place and community.



**GET FLU VACCINE** (a shot or nasal spray as recommended by your healthcare provider).

**KEEP HANDS CLEAN** by washing with soap and water and by using alcohol based hand rubs. Sick people should clean their hands too!

**COVER COUGHS AND SNEEZES** by using clean tissues. Coughing or sneezing into your sleeve is OK when you don't have a tissue or handkerchief. A sick person should cover their coughs and sneezes too!

**DISPOSE OF USED TISSUES** immediately into a trash or waste can. Always clean hand after using a tissue.

**KEEP SURFACES CLEAN** by using household cleaners. Make sure to clean shared surfaces often such as faucets, light switches, and handles on doors and cabinets.

**HAVE THE SICK PERSON STAY HOME** and avoid leaving unless seeking medical care. A sick person is most likely to spread flu when she or he has a fever or during the first 5 days of getting sick.

**KNOW WHEN TO SEEK MEDICAL CARE** for a person who is sick.

**WASH ALL EATING UTENSILS AND DRINKING GLASSES WELL.** No need to separate a sick person's utensils or drinking glasses or do any special washing or sterilizing.

**CHANGE BEDDING AND TOWELS.** Clean hands after touching soiled laundry. No need to clean a sick person's laundry separately.

**AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH.** Germs often spread this way.

**WEAR A MASK** over your nose and mouth if you are giving care to a sick person.



## Where Can I Learn More?

Your healthcare provider

Your local VA

Local and national news

On these Web sites

[www.publichealth.va.gov/Flu/pandemicflu.htm](http://www.publichealth.va.gov/Flu/pandemicflu.htm)

[vawww.vhaco.va.gov/phshcg/Flu/pandemicflu.htm](http://vawww.vhaco.va.gov/phshcg/Flu/pandemicflu.htm)  
(VA staff only)

[www.pandemicflu.gov](http://www.pandemicflu.gov)

**CLEAN HANDS BEFORE  
AND AFTER CARING  
FOR A SICK PERSON**