

How Do I Know if I Have the Flu?



You may have the flu if you have a **fever (100.4 degrees F) AND some or all of these symptoms:**

- cough
- sore throat
- body aches
- runny or stuffy nose
- headache
- chills
- fatigue

When to Call the Doctor

If your child is younger than 5 and has a fever and a medical condition like asthma, diabetes or a neurologic problem; or if you have a fever and diabetes or are pregnant, contact your doctor.

When to Visit the Hospital

If you have a fever and are experiencing difficulty breathing or persistent vomiting, go to the hospital's Emergency Department.

For the most current news on
vaccines and vaccinations, please
call our Flu Hotline at 508-941-7968

www.signature-healthcare.org

How Do I Prevent the Flu?



Both seasonal flu and H1N1 (swine) flu are spread person to person through the coughs and sneezes of someone who is already sick with the flu or by touching something with the flu virus on it and then touching your mouth or nose.

- Cover your coughs and sneezes with either a tissue or your sleeve
- Wash your hands often with either soap and water or hand sanitizer
- Get the flu shot

What Should I Do if I Get Sick?

If you get sick with flu-like symptoms, you should **STAY HOME** and avoid contact with other people for at least 24 hours after your fever subsides. Make sure you drink plenty of fluids and get adequate rest.

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