Influenza (Flu) is a very contagious respiratory illness caused by influenza viruses. People with flu are most contagious in the first 3-4 days after illness begins. People with the flu should stay home until 24 hours after their fever breaks.

**What You Can Do:**

- Get Plenty of Rest
- Drink Water and Clear Fluids
- Take Medicine for Fever and Sore Throat

Children should not be given aspirin to help with fevers or sore throats.

**Prevent Spreading the Flu:**

- Avoid Contact with Others
- Wash Your Hands Often
- Cover Coughs and Sneezes

Talk to your doctor if you think you have the flu. Antiviral drugs may be a treatment option and work best when they are started within 2 days of getting sick.

Updated October 2018

Icons from www.flaticon.com