



## **Don't Spread the Flu!**

If you or your child does get the flu, follow these simple guidelines:

- Keep sick children at home—flu spreads very quickly in schools
- Sick children and adults should stay home until they are fever-free at least 24 hours without fever reducing medicines—this could take up to 7 days
- Cover coughs and sneezes with disposable tissue or your elbow
- Avoid close contact with others while you are at home sick—stay at least 6 feet away

Flu can be infectious for up to 7 days—do not go back to school or work too soon

## **Emergency Warning Signs**

If the person with the flu experiences any of the following symptoms or signs, seek emergency medical care immediately.

### Concerns in Children

Fast breathing or trouble breathing  
Not drinking enough fluids  
Severe or persistent vomiting  
Flu-like symptoms improve but then return with fever or worse cough  
Not waking up or responding to caregiver  
Irritability and not wanting to be held  
Bluish or gray skin color

### Concerns in Adults

Difficulty breathing or shortness of breath  
Not drinking enough fluids  
Severe or persistent vomiting  
Flu-like symptoms improve but then return with fever or worse cough  
Confusion  
Sudden dizziness  
Pain or pressure in the chest or stomach



**For more information or vaccine locations, please call the Flu Hotline 602-372-3996 or 1-877-764-2670 or go to [www.WeArePublicHealth.org](http://www.WeArePublicHealth.org)**