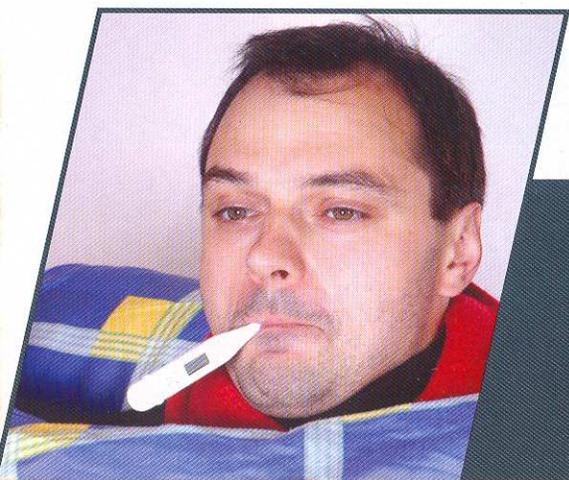


Symptoms of Flu

- ▶ 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
vawww.vhaco.va.gov/phshcg/Flu/pandemicflu.htm
(VA staff only)
www.pandemicflu.gov



Gen Audience 3

October 2006

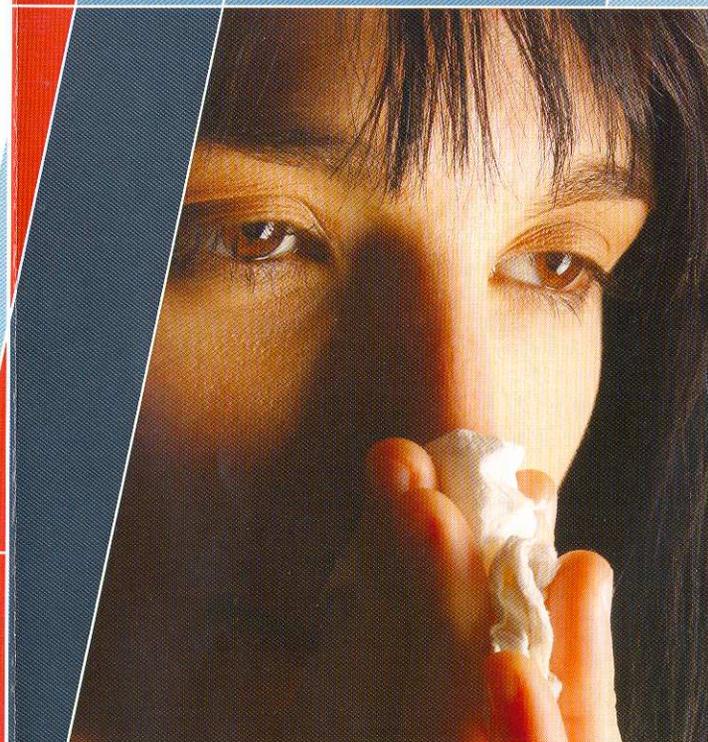
This material is not copyrighted and may be reproduced.

Brand names included in this information are provided as examples only. Their inclusion does not mean that these products are endorsed by VA or any other Government agency. Also, if a particular brand name is not mentioned, this does not mean or imply that the product is unsatisfactory.



Department of
Veterans Affairs

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.