



When to stay home

The best way to prevent the spread of the flu is to keep people who have it away from others.

- If your child has a fever AND sore throat or cough, they should stay home until at least 24 hours after the fever is gone.
- If your child only has a fever, or only has symptoms like vomiting, diarrhea OR sore throat, he or she should stay home until symptoms have gone away for 24 hours.



When to see a doctor

You should use the same judgment for the flu as you would with most common illnesses. If you wouldn't normally call your healthcare provider for the symptoms that are present, you probably don't need to call them now. You should keep an eye out for warning signs for serious illness like trouble breathing, chest pain, seizures and confusion.



Up your flu IQ

- Connecticut Flu Watch – www.ct.gov/ctfluwatch for updates and additional information
- Flu.gov – www.flu.gov
- Department of Public Health Immunizations – www.ct.gov/dph/immunizations

[date code]

Home flu care

u p y o u r
FLU IQ

Someone you love
has the flu: how
to care for them
at home.

www.ct.gov/ctfluwatch
or call 860-509-7929





What to do for someone who has the flu

When you or someone you’re caring for has influenza (the flu), knowing the symptoms and what to do is important. Symptoms of flu include: fever, headache, cough, sore throat, congestion, body aches and fatigue, and can range from mild to severe.

Some people, including pregnant women and those with chronic medical conditions such as diabetes or heart disease, may be more at risk for getting very sick from the flu. People with these conditions should think about getting medical care right away at the first sign of any flu-like symptoms. Most people, however, can be safely taken care of at home.



Be prepared

Whether caring for yourself or someone else with the flu, it’s important to be prepared. Learn as much as you can at www.ct.gov/ctfluwatch and keep things like fever-reducing medicines (ibuprofen, acetaminophen) and plenty of fluids on hand.





Taking care

Rest
Make sure the person you’re caring for is comfortable and getting plenty of rest. If you can, make a “sick room” for people who are ill to keep them away from healthy people. Your “sick room” should have windows to help with airflow.

Hydrate
Drinking a lot of clear fluids and staying hydrated is very important in getting better from the flu.

- Give small amounts of fluid often, even if the person does not feel thirsty.
- If the person is vomiting, do not give any fluid or food for at least an hour. Then give clear fluids like tea, water or even popsicles in small amounts.
- Babies who are breast-fed and vomiting can keep nursing, but offer less breast milk.

Medicate

You can reduce fever and other flu symptoms with basic non-prescription medicines found at your pharmacy.

- Use ibuprofen or acetaminophen to reduce fever and help with sore throat and other symptoms.
- Never give aspirin to anyone under the age of 20 as it’s linked to a life-threatening illness called Reye’s syndrome.

Watch
Call the doctor right away if the person you’re caring for:

- Has trouble breathing or has fast breathing.
- Has bluish color to skin or lips.
- Complains of chest pain or pressure.
- Seems confused.
- Has seizures or spasms.
- Gets worse after seeming to get better.