

# TAKING CARE OF FLU



Most people will get well with plenty of rest and drinking fluids, like water, broth, and other non-alcoholic liquids.



Take ibuprofen or acetaminophen for fever, sore throat, and general comfort.



Flu can cause serious illness for some people, such as infants, children, and pregnant women, the elderly, and those with long-term health conditions.



People who are at risk for serious illness from flu should call their doctors if they have flu symptoms.



Doctors can prescribe anti-viral medicine for severe illness. These medicines work best if given within 48 hours of getting sick.



Call a doctor immediately (or 9-1-1 if needed) if a person with flu has difficulty breathing, a bluish color to the skin or lips, complains of pain in the chest, or appears confused!

For more information: <https://www.cdc.gov/flu/takingcare>