

2. Stay home when sick. Remain home until fever-free for at least 24 hours, without using fever reducing medication. A fever is defined as 100°F (37.8°C) or higher.
3. Wash hands often with soap and warm, running water for at least 20 seconds.
4. Cover nose and mouth with a tissue when coughing or sneezing.
5. Avoid touching eyes, nose, or mouth. Doing so can allow the virus to enter your body.
6. Routinely clean and disinfect surfaces and objects. The flu virus can “live” on some surfaces up to 24 hours.

Most people recover from the flu at home without medical assistance. If your symptoms persist or are severe, consult your family physician.

Emergency Warnings In Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Not drinking enough fluids or not urinating
- Confusion
- Severe or persistent vomiting

Emergency Warnings Signs In Children and Infants:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids or not urinating
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve, but then return with fever and a worse cough
- Fever with a rash

The Genesee County Health Department wants you to stay healthy this flu season. Visit our website at www.gchd.us or call 810.237.4569 or 810.237.4540 to make your flu shot appointment.

Genesee County Health Department. Your Health. Our Work.

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