

# FEELING SICK WITH THE FLU?



The flu can cause mild to severe symptoms and often comes on suddenly. Most people who are infected with the flu feel most or all of the symptoms:

- Fever or feelings of chills
- Body aches
- Cough
- Sore throat
- Headache
- Fatigue
- Runny or stuffy nose
- Occasional vomiting and diarrhea, this is more common in children

## IF YOU GET SICK WITH FLU SYMPTOMS:

Contact your health care provider to get tested for the flu. If you have symptoms, stay home and stay away from others, unless to seek medical care. If you are diagnosed with the flu, antiviral drugs may be prescribed to you. Antiviral drugs can lessen the severity of symptoms and shorten the time you are sick by 1 to 2 days, especially when taken early in the course of illness.

## IF YOU ARE A HIGH RISK GROUP

If you are at a high risk of flu complications, seek care from your primary doctor immediately. Individuals who are at risk for flu complications include adults 65 years of age and older, children under the age of 2, pregnant women and those with asthma, diabetes and heart disease.



## RECOVERY

Most people who get the flu recover in a few days to a week. Some people may develop complications such as pneumonia, which can be life threatening. If you or your child experience any of the following symptoms, seek medical attention immediately:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in chest
- Blue lips or face
- Persistent dizziness or confusion



For more information or to schedule a flu vaccine, call the East Hartford Health Department at 860-291-7324