If You are Sick with the Flu there are some tips on how to take care of yourself and keep others healthy.

Know the signs and symptoms of flu. Symptoms of flu include fever of 100.4 F / 38 Celsius or above, or chills and cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.

Stay home or at your place of residence for at least 24 hours after there is no longer a fever. This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen or aspirin). Staying away from others while sick can prevent others from getting sick too. Ask a roommate or friend to check up on you and to bring you food and supplies if needed.

Cover your mouth and nose with a tissue or you sleeve when coughing or sneezing.

Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective if soap and water are not available.

Avoid touching your eyes, nose, or mouth. Germs spread this way.

Stay in a separate room and avoid contact with others. If someone is caring for you, wear a mask, if available and tolerable, when they are in the room.

Drink plenty of clear fluids (such as water, tea, broth, sports drinks, and electrolyte beverages for infants) to keep from becoming dehydrated.

Contact your primary health care if you are at higher risk for complications from flu for treatment. People at higher risk for flu complications include children under the age of 5 years, pregnant women, people of any age who have chronic medical conditions (such as asthma, diabetes, or heart disease), and people age 65 years and older. Do not go to QC Health Service Center as we cannot accommodate those with flu symptoms.

Go to an Emergency Room right away if you are having difficulty breathing, chest pain or symptoms are worsening.

For more information visit http://www.cdc.gov/flu or Health Service Center website http://www.QC.CUNY.EDU/HealthServices. You can call Health Services at 718 997-2760 Monday thru Friday from 9am until 5pm.