

**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.