

Take time to recover. Prevent a relapse and reduce the risk to others.



Should you stay home?

The flu: typically includes the sudden onset of a FEVER* and one or more of the following:

- cough • sore throat • stuffy or runny nose • chills • fatigue
- headache • body aches • (less common) vomiting or diarrhea

* *Not everyone with flu has a fever.*

If you think you have it: Stay home (away from work, class, social events) until you are fever-free for at least 24 hours without the use of fever-reducing medicine. Wear a mask whenever you can't avoid being at least 6 feet away from others.

Still not sure: Consult with your health care provider BY PHONE, especially if you have an underlying health condition. People's response to flu varies. Also, flu is not the only illness that warrants staying home.

For more information about flu prevention, vaccination, and treatment, visit: www.flu.gov, nyhealth.gov, or www.cdc.gov/h1n1flu



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