

# If you are not feeling well

## Do you have a fever or chills **AND** a cough or sore throat?

If “yes,” you may have the flu. Symptoms of flu include fever or chills *and* cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.

## Please do **NOT** come to work if you are sick with a fever **AND** cough or sore throat.

The Centers for Disease Control and Prevention (CDC) recommend that sick employees stay home if they are sick with flu-like illness until at least 24 hours after they are free of fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medicines (any medicine that contains ibuprofen or acetaminophen).

If you are at higher risk for complications from the flu and you are sick, contact your health care provider as soon as possible. Children younger than 5 years of age, pregnant women, people of any age with chronic medical conditions (such as pulmonary disease, asthma, diabetes, neuromuscular disorders, or heart disease), and people 65 years of age and older are more likely to get complications from the flu. Your health care provider may prescribe antiviral drugs, and they are most effective when started within 2 days of getting sick.

In addition, emergency warning signs that the sick person needs **urgent medical attention** include

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

For more information about caring for someone sick with flu, visit [www.cdc.gov/h1n1flu/guidance\\_homecare.htm](http://www.cdc.gov/h1n1flu/guidance_homecare.htm)

For more information visit [www.flu.gov](http://www.flu.gov) or call 1-800-CDC-INFO (1-800-232-4636).

