

- Avoid touching your eyes, nose, or mouth.
- In the event you do get the flu, the CDC recommends that you stay home from work or school for at least 24 hours after your fever is gone.

illness milder and speed up recovery. They may also prevent serious complications that can result from the flu.

- For treatment, antiviral drugs are most effective if started within 48 hours after the first symptoms occur.

Source: The Centers for Disease Control & Prevention



When It Comes to the Flu, Prevention is the Best Medicine

Talk to your doctor about getting vaccinated—they can provide the flu shot. You can also get a flu shot at many local pharmacies, if the service is offered.

The Centers for Disease Control & Prevention (CDC) recommends the following steps to protect yourself and others from the flu: