

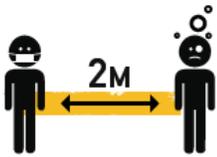
What You Need to Know to Protect Your Family from Flu

What is flu? Flu is a respiratory illness caused by a virus, generally spread by tiny droplets made when people cough, sneeze or talk or by touching objects or surfaces that have the flu virus on them. Those with flu can infect others up to 24 hours *before* symptoms and 5 to 7 days *after* becoming sick, even if symptoms have already resolved.

Symptoms: Fever (100°F or higher), cough, sore throat, runny or stuffy nose, body aches, and feeling very tired are most common. Some people may also experience vomiting or diarrhea. Not everyone who has the flu has all of these symptoms.

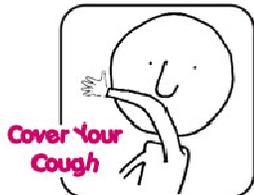
If you think someone in your family has the flu, these tips will help prevent others from getting sick:

Stay at home for 24 hours after fever has gone down, without the aid of fever reducing medicines (for example Advil or Tylenol)



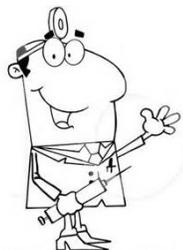
Avoid close contact with people who are sick

Wash hands often with soap and hot water for at least 20 seconds (sing Happy Birthday or the Alphabet Song, twice). Alcohol-based hand sanitizers can be helpful in reducing the spread of the flu, but you should still use soap and water throughout the day and in cases where your hands are visibly dirty.



Cover coughs and sneezes with tissues or by coughing into the inside of your elbow. Wash hands after blowing your nose or coughing into a tissue, and dispose of tissues after use.

Clean contact surfaces, including kitchen and bathroom surfaces, with disinfectant, and wash clothing and bedding of the person who is sick in hot water.



Get the flu vaccine! The flu vaccine is the best way to prevent seasonal flu and is still available at local pharmacies or the Public Health clinic.

If you have any questions, concerns, or need assistance, please contact the Klamath County Health Department Communicable Disease Control Program at 541-882-8846.