**Influenza: What You Can Do At Home**

Influenza (Flu) is a very contagious respiratory illness caused by influenza viruses. People with flu are most contagious in the first 3-4 days after illness begins. People with the flu should stay home until 24 hours after their fever breaks.


# What You Can Do:

Get Plenty of Rest

Drink Water and Clear Fluids

Take Medicine for Fever and Sore Throat

Children should not be given aspirin to help with fevers or sore throats.

# Prevent Spreading the Flu:

Avoid Contact with Others

Wash Your Hands Often

Cover Coughs and Sneezes

Talk to your doctor if you think you have the flu. Antiviral drugs may be a treatment option and work best when they are started within 2 days of getting sick.

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