



Keep sick @ home

Got the flu?
Don't bring it to work.

Is it influenza (the flu)?

Here's a quick way to see if you might have a serious viral infection, such as influenza (the flu).

You may have the flu or another serious viral infection if...

- In addition to the sniffles or sneezing, you are suffering from a headache, fever, chills, body aches or a severe cough.
- It came on suddenly.

What to Do: Stay home or go home. See your doctor.

It's probably allergies or a cold if ...

- Your only symptoms are sniffles, sneezes or a mild cough.
- It came on gradually.

What to Do: Your call. Allergies are not contagious, but cold sufferers need to keep their hands clean and their cough covered. Stay home if you feel you might be contagious or a danger to others.



Keep Sick @ Home

If you've got the flu, your work is through.



Maine Center for Disease Control and Prevention
An Office of the Department of Health and Human Services

John E. Baldacci, Governor

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