



Spread the Word, Not the Flu!

Frequently Asked Questions

Q: What should I do if I think I have the flu?

- A:** → Stay home and keep away from others
→ Cover your nose and mouth when you cough or sneeze
→ Wash your hands often with soap and water or use hand sanitizer

Q: Should I get tested for the flu?

- A:** → If you were exposed to flu but do not have symptoms, there is no need for testing
→ Testing is usually done only if you are ill enough to be hospitalized

Q: Do I need to take flu antiviral medicine?

- A:** → Antiviral medicines are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu
→ Most people in good health recover from the flu without antiviral medications
→ When recommended, antiviral medicines may make your illness milder and make you feel better faster; they may also prevent serious flu complications
→ Antiviral medicines are recommended for people who are very sick or people who are at increased risk of serious flu complications; if required, antiviral medicines work best if started within the first two days of symptoms

Q: If I have the flu, how long should I stay home?

- A:** → Stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine (e.g., Tylenol®)

