

# FLU FACTS

Most people who get the flu – seasonal or H1N1 – will recover without serious complications.

Treatment with antibiotics and antiviral medications is generally not needed and will not be prescribed unless needed.

## There's no place like home when you have the flu.

Doctors say home is the best place to recover from the flu.

- Take over-the-counter medication for symptom relief and as needed for fever and pain.
- Drink clear fluids (water, broth, sports drinks, electrolyte beverages for infants).
- Children under 4 should not be given over-the-counter medicine without approval of a healthcare provider.
- Stay home for at least 24 hours after fever is gone.
- Wash your hands frequently!

### How to know when to go

Seek emergency medical care if you experience any of the following:

#### For children

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe vomiting
- Not waking up or not interacting
- Too irritable to even be held
- Flu-like symptoms improve but then return with fever and worse cough

#### For adults

- Trouble breathing or shortness of breath
- Severe pain or pressure in chest or tummy
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

If you have flu-like symptoms and are in a high-risk group (pregnant, less than 5 years old or have a chronic disease), contact your physician.

**For more information, contact the Yuma County Flu Hotline at 373-1025,  
8 a.m. to 5 p.m. Monday to Friday.**



**YUMA REGIONAL MEDICAL CENTER**

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