



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

- FLU -

Stop The Spread Of Flu

- STAY HOME IF YOU ARE SICK.
- Avoid touching your eyes, nose or mouth. You can infect yourself this way.
- Cover your coughs and sneezes with your sleeve.
- Wash your hands often, with soap, for at least 20 seconds.
- Use alcohol-based hand sanitizers when you can't wash your hands.
- Keep commonly-touched surfaces like keyboards, pens, doorknobs, phones, sanitized.

What to do if you get an Influenza-like illness

(fever of 100 degrees or higher, cough, sore throat, body aches, and possibly diarrhea or vomiting)

- STAY HOME until 24 hours after your temperature returns to normal (98.6) without taking any fever-reducing medicines (Tylenol, Advil, etc.)
- If you are in a high-risk group: Pregnant, asthma, heart disease, immune compromised, diabetes, or other underlying health conditions CALL YOUR HEALTHCARE PROVIDER IMMEDIATELY.
- Most cases of H1N1 are similar to seasonal flu and people get better in a week or so without seeing a healthcare provider. Some cases, however, can turn serious. Call your healthcare provider for advice.

GET A FLU SHOT

Additional Informational Resources

www.c-uphd.org

www.champcoprepares.com

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