

Public Health Flu Hotline is Here to Answer Your Questions

583-4440

Three Ways to Fight the Flu

1. Get vaccinated—get the seasonal flu shot and the H1N1 shot when it becomes available.
2. Practice everyday preventive actions including: cover coughs and sneezes, wash your hands frequently, use hand sanitizer, sanitize common surfaces.
3. Stay home when sick—you should stay home until fever-free for 24 hours without using fever reducing medication.

Signs and Symptoms of the flu:

- Fever
- Body aches
- Chills
- Headaches
- Sore throat
- Fatigue
- Cough
- Congestion
- Vomiting/diarrhea (especially in children)

Get answers to your questions regarding flu and learn how to care for yourself and loved ones at home by calling the Public Health Flu Hotline . Call for hours of operation.

