



NOW THAT YOU HAVE THE FLU

What you should do— and how to help protect your family

Take your prescription flu medicine as directed by your doctor

- Treatment can help stop the virus from spreading and shorten the time you are sick

Stop the spread of germs

- Cover your mouth and nose when you cough or sneeze
- Frequently wash your hands with soap and water
- Stay home for at least 24 hours after your fever is gone

Ask your doctor about prescription flu medicine for your family

- Prescription flu medications can help prevent those exposed to the flu from getting sick
- Medicine should be taken within 48 hours of exposure to the flu

FLUFACTS.
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