Stopping the Flu Starts with YOU

Stay Home

from work or school if you get sick to prevent spreading the flu to others.

- Avoid going to work or school if: 1) you have a temperature of 100°F or higher; 2) you are in the first few days of having flu as this is the time when you are most contagious; 3) you are coughing and sneezing; or 4) you have diarrhea.
- The flu virus spreads mainly by droplets made when people with flu cough, sneeze, or talk. Stay home and avoid close contact with others until you have completely recovered from the flu virus.
- Stay home until you are fever-free for at least 24 hours without the use of fever-reducing medications. For most people, this will be about three to five days after they first get sick.
- You should call your health care provider if you have symptoms of flu and are in a high-risk group or are very sick (fever for more than three days, increased vomiting, and prolonged diarrhea).

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DEPARTMENT OF HEALTH