

## What should I do if I think I am sick?

- If you have a fever 100°F or higher, and one of the symptoms listed earlier, consider calling your doctor or medical provider if you feel moderate to severe symptoms. Your doctor will decide if you need to come in for an appointment and if influenza treatment is needed.
- Stay away from others as much as possible to prevent spreading the flu. This means avoiding normal activities including work, school, travel, shopping, social events and public gatherings. The Centers for Disease Control & Prevention (CDC) recommends staying at home until you have no fever for at least 24 hours without the help of fever-reducing medicines.
- Cover your mouth and nose with a tissue or sleeve when you sneeze or cough, and throw the tissue in the trash afterwards.



## What should I do if someone in my household is sick?

- Make sure the person who is sick stays at home and gets plenty of rest and fluids. Limit visitors.
- Monitor them for warning signs that the illness is getting worse. If you observe any of the following warning signs, call their doctor immediately:

### Warning signs in children:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms that improve but then return with fever and a worse cough

### Warning signs in adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and a worse cough

## To prevent the spread of the flu virus in your home:



- Keep frequently used surfaces clean with a household disinfectant, i.e. bedside tables, bathroom and kitchen surfaces, and children's toys.
- Linens, eating utensils and dishes that are used by the person who is sick do not need to be cleaned separately, but should not be shared without washing thoroughly with soap and water.
- Wash linens (i.e. bed sheets and towels) by using regular laundry soap. Dry on the "hot" setting.
- Wash your hands with soap and water or alcohol-based hand rub after handling the sick person's linens, utensils or used tissues.
- Allow fresh air to flow into your home by opening screened windows and doors.



**Public Health**

Prevent. Promote. Protect.

### Public Health Hot Lines

California Department of Public Health: 1-888-865-0564  
Centers for Disease Control & Prevention (CDC): 1-800-232-4636



### For more information

Yolo County Health Department: (530) 666-8645  
visit: [www.yolocounty.org](http://www.yolocounty.org)