

Jay Nolan Community Services Human Resources Department

Because we care about you, and your family ...

Influenza Virus – Preventing the Spread

Influenza (commonly known as the flu) is a serious contagious disease that can lead to hospitalization or even death. Prevent its spread and minimize its potential impact with the following steps.



Flu prevention measures:

- Wash your hands frequently with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth to limit the spread of germs.
- Limit close contact with others who are ill.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Get a flu shot or a nasal-spray vaccine.

Flu treatment:

- If you become ill, limit your own contact with others.
- If you are experiencing flu-like symptoms, the CDC recommends staying home for at least 24 hours after your fever has normalized without the use of fever-reducing medicine.
 - However, leaving to get medical care or other necessities may be a necessary exception.
- Anti-viral drugs have been proven to be helpful in lessening the symptoms and length of the time you are sick. If medications have been prescribed, make sure to take them as directed.

The best protection from the flu is to get vaccinated every year.