



# Rest up

## What to do if you get the flu

No one likes to be sick. And every flu season promises many different strains and lots of germs. Chances are you or someone you know will get sick. Keep an eye out for these signs of the flu:

- Muscle aches
- Headaches
- Coughing
- Sneezing
- Nausea
- Vomiting
- Fever

If you start to have any of these symptoms, it's time to go to bed. Rest is one of the best ways to recover from the flu. You may want to try some over-the-counter medicine after checking with your doctor. You may want to take cold medicines, pain relievers or something to calm your stomach. There is no cure for the flu. Most people feel sick for a few days and recover on their own.

If your symptoms are severe or don't seem to be getting better, be sure to consult with your doctor. The flu can lead to complications which can even be life-threatening. **The Centers for Disease Control** lists some possible emergency warning signs.

If you're battling the flu, you may want to try some home remedies. Nasal saline irrigation can help with congestion. Ginger ale has settled upset stomachs for years. You can consult your doctor about using ice packs or other ways to reduce a fever. Sports drinks can help hydrate your body. Make sure to have tissues close by and keep your home stocked with supplies.

If somebody in your home gets ill, your whole family is at risk of getting sick. Try to keep sick family members away from everyone else. Keep them out of the kitchen. If possible, assign them a bathroom they won't share with others. Clean surfaces and make sure everyone washes their hands often.

The Centers for Disease Control recommends you stay at home for at least 24 hours after your fever ends. You may still feel sick and should continue to get plenty of rest. After you're well again, it's important to keep up with hand washing and other preventive measures. With so many strains of flu, it's possible to get sick multiple times before the season is over.

Help is available 24 hours a day, 7 days a week.



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