



# I. C. E.

In Case of Emergency

## Guidelines for Emergencies and Disasters

### SEASONAL FLU

What should I do to avoid getting sick?  
Do I have the flu?  
What should I do when

someone is sick?  
Influenza, also known as the flu, is a contagious respiratory disease caused by different strains of viruses. In the United States, there is a flu season that begins every fall and ends every spring. The type of flu people get during this season is called seasonal flu. Flu viruses spread from person to person when people who are infected cough or sneeze.

❑ Always practice good health habits to maintain your body's resistance to infection. Eat a balanced diet, drink plenty of fluids, exercise daily, manage stress, get enough rest and sleep.

❑ Take these common sense steps to stop the spread of germs:

- Wash hands frequently with soap and water or an alcohol-based hand sanitizer.
- Avoid or minimize contact with people who are sick (a minimum three feet distancing is recommended).
- Avoid touching your eyes, nose and mouth.



- Cover your mouth and nose with tissues when you cough and sneeze. If you don't have a tissue, cough or sneeze into the crook of your elbow.
- Stay away from others as much as possible when you are sick.

❑ Anyone with a fever or other symptoms of the flu should stay home from work or school until at least 24 hours after the fever has gone (without medications).

❑ Get a flu shot every year. Vaccination is

one of the most effective ways to minimize illness and death.

**The flu usually begins with the rapid onset of a high fever and body aches.**

**Be aware of other common flu symptoms:**

- Headache
- Extreme tiredness
- Sore throat
- Cough
- Runny or stuffy nose
- Vomiting and/or diarrhea (more common in children than in adults)
- *NOTE: Having all of these symptoms doesn't always mean that you have the flu. Many different illnesses have similar symptoms.*