



How Flu Spreads

The main way that flu viruses are thought to spread is from person to person in respiratory droplets of coughs and sneezes. This can happen when droplets from a cough or sneeze of an infested person are propelled through the air and deposited on the mouth or nose of people nearby. Flu viruses may also be spread when a person touches respiratory droplets on another person or an object and then touches their own mouth or nose (or someone else's mouth or nose) before washing their hands.

People with the Flu who are cared for at home should:

- Check with their health care provider about any special care they might need if they are pregnant or have a health condition such as diabetes, heart disease, asthma, or emphysema.
- Check with their health care provider about whether they should take antiviral medications.
- Stay home for 7 days after the start of illness or until you are symptom free for 24 hours.
- Get plenty of rest.
- Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated.
- Cover coughs and sneezes. Clean hands with soap and water or an alcohol-based hand rub often and especially after using tissues and after coughing or sneezing into hands.
- Avoid close contact with others— do not go to work or school while ill.
- Be watchful for the following emergency warning signs that might indicate you need to seek medical attention.



**Difficulty breathing or chest pain*

**Purple or blue discoloration of the lips*

**Vomiting and unable to keep liquids down*

**Signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry*

**Seizures (for example, uncontrolled convulsions)*

**Less responsive than normal or becomes confused*



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