



What should I do if I have a cold or flu-like symptoms?

STAY HOME IF YOU ARE SICK

Most people with respiratory infections like the flu and COVID-19 will have mild illness and get better without needing to see a doctor.

- Call your doctor early if you are elderly, pregnant, or have a weak immune system or other medical problems.
- Call before visiting your doctor.

SEEK MEDICAL CARE IF YOU ARE SERIOUSLY SICK



**Difficulty
Breathing**



**Can't keep
fluids down**



Dehydration



Confusion



**Other serious
symptoms**

HELP PROTECT OUR COMMUNITY

- Clean your hands well and often.
- Separate yourself from people and animals in your home.
- Wear a mask if you need to share a room or vehicle.
- Treatment includes taking fluids, rest and medications to help you feel better.
- Stay home until 24 hours after your fever has gone.