

How to Cope with the Flu

Most people with the flu have mild illness and do not need medical care or antiviral medications. You may have the flu if you have some or all of these symptoms:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Sometimes diarrhea and vomiting.

If you get sick with the flu, you should stay home and avoid contact with other people except to get medical care. Certain people are at high risk for serious flu related complications including young children, people over 65, pregnant women and people with certain medical conditions. If you are in a high risk group and develop flu symptoms, you should contact your health care provider. Health care providers will determine whether influenza testing and treatment are needed. The emergency room should only be used for people who are very sick.

If you have the emergency warning signs of flu, you should go to the emergency room. In children, these signs include:

- Difficulty breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up
- Being irritable
- Fever with a rash.

In adults, these signs are:

- Shortness of breath
- Pain or pressure in the chest
- Sudden dizziness
- Confusion
- Severe or persistent vomiting.

It is not too late to receive your flu shot. Receiving the flu shot is the best way to prevent getting the flu. The flu vaccine is available at all PharmaCare retail stores plus the Medicine Shoppes at Grantsville, Georges Creek and Fort Ashby. For more information, visit the CDC website at www.cdc.gov.

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