



I have flu symptoms – now what?



Stay home to prevent further spread!



Stay hydrated



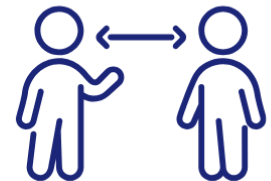
Take over-the-counter cold and flu medications



Rest up



Monitor symptoms for drastic and negative changes



Protect others in your home by distancing yourself



For any respiratory illness, please stay home to prevent the spread. Avoid close contact with people until symptoms dissipate and you start to feel well again. If you're a [person at high risk of complications from the flu](#) or [COVID-19](#) and you develop symptoms, contact a health care provider.

Flu

Flu symptoms can be treated with:

- rest
- clear fluids, like water
- medications that reduce fevers or aches

Note: Over-the-counter cough and flu medicine should not be given to children younger than 6 years old. It's only safe to do so if you're advised to by your health care provider.

COVID-19

Adults and children with mild COVID-19 symptoms can stay at home while recovering. You don't need to go to the hospital if symptoms are mild.

If you're concerned about your symptoms, consult your health care provider. They may recommend steps or medications you can take to relieve some of your symptoms, like fever and cough.

[Learn more here](#) about caring for yourself or others while infected with COVID-19.

RSV

Usually, RSV infections are mild and clear up on their own in 1 to 2 weeks.

If you or your child are infected, drink plenty of fluids and get lots of rest. You can use over-the-counter products such as acetaminophen or ibuprofen to manage fever. Speak to your health care provider if you're unable to use these medications.

If your child has symptoms, talk to their health care provider and give them medications as directed.

In severe cases, a person who is having trouble breathing or becomes dehydrated may need to be admitted to the hospital. They may need oxygen and care. If you or your child are having difficulty breathing or are dehydrated, seek immediate medical care.