

Preparedness Roundup

“Flu Season Preparedness”

Prevention Tips

As flu season winds down this spring, consider taking these steps to keep you and your loved ones safe and well:

- **Wash your hands often with soap and water or an alcohol-based hand rub.** Germs are typically spread by coming into contact with someone else who is already infected.
- **Avoid touching your eyes, nose, or mouth.** These areas are the usual pathways for introducing flu viruses into your body.
- **Try to avoid close contact with sick people.** If you sense that someone is sick at work or school, encourage them to return home. If you need to care for someone who is suffering from flu-like symptoms follow this [guidance](#) provided by the American Red Cross.
- **Practice healthy habits.** Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.

Treatment Tips

The effects of flu are unpleasant and may pose serious health risks. Follow these treatment tips to help speed up your recovery:

- **Stay at home and get plenty of rest.** Flu symptoms will make most elements of your daily routine a challenge. Instead of worrying about work or school, take some time to get caught up on sleep.
- **Stay hydrated.** Dehydration is one of the main complications resulting from a flu infection. Be sure to drink plenty of liquids such as water, broth, sports drinks or electrolyte beverages.
- **Use a cool, damp cloth on your forehead, arms and legs to soothe aches caused by fever.**
- **You can treat flu with or without medication.** Over the counter flu medication may treat some of your symptoms, but will not make you less contagious.



Resources:

[Flu Preparedness Video](#)

[Flu Safety Checklist - English](#)

[Flu Safety Checklist - Spanish](#)



#FluTips
@RedCross

Next Week at ARC:
Lightning Safety



* Consider sharing the contents of this slide with family, community members and local partners