

THE FLU

WHAT YOU NEED TO KNOW

Twin Cities Community Hospital is seeing an increased number of flu cases and health officials believe the local flu season has yet to peak.

Who's most at risk?

- Adults 65+
- Children under 5, especially under age 2
- Pregnant women
- People with other health conditions like heart or lung disease



SHOULD I GO TO THE EMERGENCY ROOM IF I HAVE THE FLU?

In most cases of the flu, it's best to recover at home.

However, flu can be dangerous and even healthy people can sometimes experience serious complications. If you experience any of these symptoms seek medical attention immediately:

- Difficulty breathing or shortness of breath
- Chest or severe abdominal pain
- Confusion or sudden dizziness
- Severe or continued vomiting

If you do not have these symptoms but are concerned, call your regular healthcare provider.

What can I do to Help Protect Myself?

- Wash your hands with warm, soapy water for at least 20 seconds, or use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose & mouth.
- Avoid contact with people who are sick.
- Get the flu shot. If you get a flu vaccine but still get the flu, you will most likely have more mild illness and less risk of serious complications.

What should I do if I have the flu?

- Stay home to rest. Stay hydrated and take temperature-reducing medicines such as Tylenol or ibuprofen, as needed.
- Wash your hands often and use a tissue to cover your cough or sneeze.
- Look for signs it may be more serious. In most cases, you may not need medical care or prescription medicine to recover from the flu. However, some cases can be more serious and may require hospitalization.

