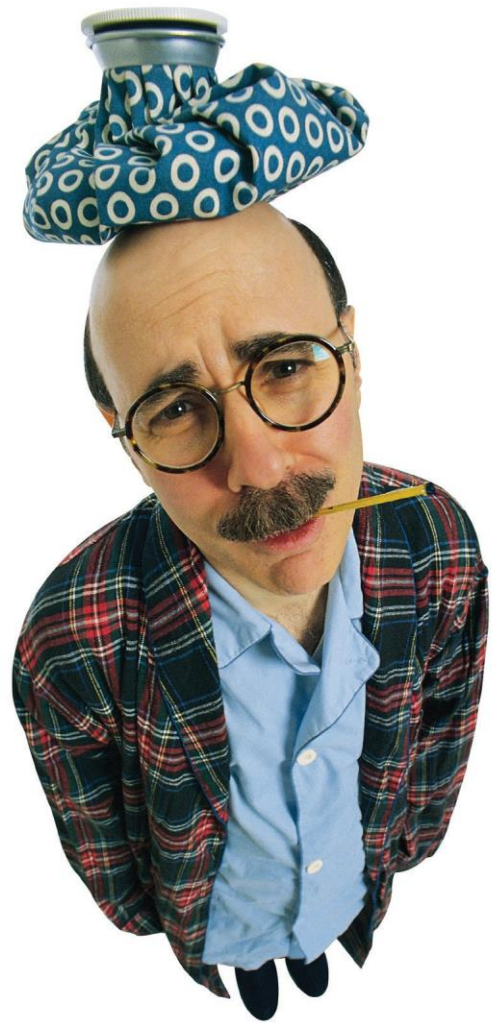


Keep sick @ home

Got the flu?
Don't bring it to work.



Here's a quick way to see if you might have a serious viral infection, such as influenza (the flu).

You might have the flu or another serious viral infection if...

- In addition to the sniffles or sneezing, you are suffering from a headache, fever, chills, body aches or a severe cough.
- It came on suddenly.

What to do: Stay home or go home.
See your doctor.

It's probably allergies or a cold if...

- your only symptoms are sniffles, sneezes or a mild cough
- It came on gradually

What to do: Your call. Allergies are not contagious, but cold sufferers need to keep their hands clean and their cough covered. Stay home if you feel you might be contagious or a danger to others.

Oklahoma City-County Health
Department 2600 NE 63rd Street
405-425-4437
Oklahoma City, OK 73105
occhd.org/health/flu



WELLNESS NOW