

IT'S THE FLU. WHAT DO I DO?

Symptoms:

- Fever (100.4 °F or higher)
- Runny/Stuffy Nose
- Cough
- Sore Throat
- Body Aches
- Fatigue



Get Treatment Within 48 Hours:

- Have a Phone, Video or e-Visit
- See an InstaCare Provider
- **Call Your Doctor**



If YOU have flu-like symptoms

Stay Home
24Hrs
after last symptom



Take Care of Yourself:

- Stay Hydrated
- Use Fever Reducers
- Cover Coughs and Sneezes
- Wash Your Hands

