

If you are a generally healthy, low-risk individual and have any of the following symptoms:

- Coughing
- Fever or chills
- Headache
- Muscle Ache

Please... Stay Home



Droplet Control:

Cover your mouth and nose with a tissue when you cough or sneeze.

Cough into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

Wash hands with soap & warm water for 20 seconds.

Clean your hands with alcohol-based hand cleaner.

Self Care:

- Rest
- Fluids
 - No caffeine, No alcohol
 - Small cups of water or juice
- Intake some salt
 - Small cups of Canned Soups
- Take anti-fever medications on a schedule
 - Motrin (recommended dose)
 - Tylenol 4 hours later
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 - Do this 3 - 4 days

When to see the Doctor:

- Fast or troubled breathing
- Blue skin
- Refusal to drink liquids
- Not waking up
- Child too irritable to be held
- Rash appears
- Pain or Pressure in abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Symptoms improve, then return worse than before