**What to do about the flu**

*Social Media Posts*

**FACEBOOK**

1. #FightFlu by getting your flu shot! [@CDC] recommends everyone 6 months of age and older get a yearly flu shot. Flu shots can reduce flu illnesses, complications and deaths from flu. It’s not too late to get yours! Visit vaccinefinder.org to find a location near you.
2. Do you know how to #FightFlu? Follow these quick and easy tips to stay healthy:
   * Get your flu shot.
   * Stay away from people who are sick if you can.
   * Wash your hands often with soap and water.
   * Cough and sneeze into your elbow or a tissue. Throw the tissue in the trash and wash your hands.
   * Try not to touch your eyes, nose or mouth unless you have just washed your hands.
   * Practice good health habits like getting plenty of sleep, getting exercise, managing stress, drinking plenty of fluids and eating healthy foods.

Visit wakegov.com/humanservices/flu to learn more

1. Think you have the flu and don’t have a doctor? Check your symptoms to see if you should go to the emergency room or an express care (urgent care). #FightFlu [GRAPHIC]
2. Think you might have the flu? Talk to your doctor about medications they can prescribe if they think it's the flu. The medications work best if you begin taking them within the first 2 days. #FightFlu
3. Sick with the flu? Follow these tips to help your body recover:
   * Drink lots water, juice, sports drinks, popsicles, soup, jello, ice and other fluids to keep from getting dehydrated (not enough fluid in the body).
   * Get plenty of rest. Read, watch TV, sleep….your body needs rest to get better.
   * You can reduce fever or body aches by bathing in lukewarm (not hot) water, taking acetaminophen (Tylenol) or ibuprofen (Advil). Do not give children 19 and under medications with aspirin.
   * Stay home until you feel better--- At least 24 hours after the last time you had fever without taking fever reducing medications.

#FightFlu

1. Don’t spread the flu or other illnesses! If you are sick, follow these tips to prevent sharing your illness with others:
   * If you can, stay away from others to keep from infecting them.
   * Cough and sneeze into your elbow or a tissue. Throw the tissue in the trash and wash your hands.
   * Wash your hands often with soap and water.
   * Clean and disinfect things that might have ~~flu~~ germs on them.
   * Stay home for at least 24 hours after your fever is gone.

#FightFlu

1. Sick with the flu? Some people have a greater chance of getting really sick if they get the flu. You should go to the emergency room right away if you have any of these warning signs. #FightFlu [GRAPHIC]
2. Think you have the flu? If you cannot get an appointment with your regular doctor, check your symptoms to see if you should go to the emergency room or an express care (urgent care). #FightFlu [GRAPHIC]
3. Sick with the flu? Make sure you know when to go to your doctor and when to go to the emergency room. #FightFlu [GRAPHIC]
4. Planning to visit someone in the hospital? Before you go, check to see if there are visitor restrictions. Many hospitals put visitor restrictions in place during flu season to protect patients, visitors and staff. #FightFlu

TWITTER

1. #FightFlu by getting your flu shot! Flu shots can reduce flu illnesses, complications and deaths from flu. It’s not too late to get yours! Visit vaccinefinder.org to find a location near you.
2. #FightFlu by staying away from people who are sick.
3. #FightFlu by washing your hands often with soap and water.
4. #FightFlu by coughing and sneezing into your elbow or a tissue. Throw the tissue in the trash and wash your hands.
5. #FightFlu by trying not to touch your eyes, nose or mouth unless you have just washed your hands.
6. #FightFlu by practicing good habits like getting plenty of sleep, exercising, managing stress, drinking plenty of fluids and eating healthy foods.
7. Think you have the flu and don’t have a doctor? Check your symptoms to see if you should go to the emergency room or an express care (urgent care). #FightFlu [GRAPHIC]
8. Think you might have the flu? Talk to your doctor about medications they can prescribe if they think it’s the flu. The medications work best if you start them within the first 2 days. #FightFlu
9. Sick with the flu? Be sure to drink lots water, juice, sports drinks, popsicles, soup, jello, ice and other fluids to keep from getting dehydrated (not enough fluid in the body). #FightFlu
10. Sick with the flu? Get plenty of rest. Read, watch TV, sleep….your body needs rest to get better! #FightFlu
11. You can reduce fever or body aches caused by flu by bathing in lukewarm (not hot) water, taking acetaminophen (Tylenol) or ibuprofen (Advil). Do not give children 19 and under medications with aspirin. #FightFlu
12. Sick with the flu? Stay home until you are better! @CDCgov recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. #FightFlu
13. Don’t spread the flu and other illnesses! If you are sick, stay away from others to keep from infecting them. #FightFlu
14. Don’t spread the flu and other illnesses! Always cough and sneeze into your elbow or a tissue. Throw the tissue in the trash and wash your hands. #FightFlu
15. Don’t spread the flu and other illnesses! Always wash your hands often with soap and water. #FightFlu
16. Don’t spread the flu and other illnesses! Clean and disinfect things that might have germs on them. #FightFlu
17. Don’t spread the flu and other illnesses! Stay home for at least 24 hours after you have fever, vomiting or diarrhea. #FightFlu
18. Think you have the flu? If you cannot get an appointment with your regular doctor, check your symptoms to see if you should go to the emergency room or an express care (urgent care). #FightFlu [GRAPHIC]
19. Sick with the flu? Make sure you know when to go to your doctor and when to go to the emergency room. #FightFlu [GRAPHIC]
20. Planning to visit someone in the hospital? Before you go, check to see if there are visitor restrictions. Many hospitals put visitor restrictions in place during flu season to protect patients, visitors and staff. #FightFlu