Do you have the flu? Ask yourself two quick questions:

1. Do you have a fever?
2. Do you have other symptoms? A cough, sore throat, body aches, headache, chills, diarrhea or vomiting?

If your answer is YES to both, you might have the flu.

If you have the flu, what should you do?

- Stay home, drink plenty of liquids and get rest.
- Protect the health of others by staying away from crowds, covering your cough, and washing your hands often.

If you aren’t getting better, please call a health care provider.

If you need medical care and don’t have a medical provider or health insurance, call the Community Health Access Program at 800-756-5437. You will not be asked for proof of immigration status.

Stop Germs, Stop Flu!

When sick, stay home

Wash hands often for 20 seconds

Cover coughs and sneezes

Can’t wash? Use alcohol-based hand sanitizer

Public Health
Seattle & King County
For more information visit: www.kingcounty.gov/health
Alternate formats available upon request