The increase in flu hospitalizations is impacting local hospital and EMS services in Snohomish County. However, those generally in good health will recover without needing a visit to a healthcare provider.

Things to remember if you or a loved one are sick:

♦ Please stay home
♦ If you leave the house wear a facemask
♦ Cover coughs and sneezes with a tissue or the sleeve of your elbow
♦ Drink plenty of fluids and rest
♦ Wash your hands frequently or use hand sanitizer
♦ Do not return to work or school until your fever is gone for at least 24 hours without the use of fever-reducing medicine like acetaminophen (Tylenol) or ibuprofen (Motrin)

When to call your health care provider:

♦ If you are pregnant
♦ If you have a medical condition (cancer, blood disorder or chronic illnesses)
♦ Flu-like symptoms improve but then return with fever and worse cough
♦ Severe or persistent vomiting

Warning signs that may need urgent medical attention include:

♦ Fast breathing or trouble breathing
♦ Bluish skin color or lips (call 911 immediately)
♦ Unable to drink or keep liquids down
♦ Confusion or can’t wake up
♦ Being so irritable that the child does not want to be held
♦ Fever in an infant under 3 months old