WHAT SHOULD I DO IF I HAVE COLD OR FLU-LIKE SYMPTOMS?

Most people with respiratory infections like the flu and COVID-19 will have mild illness and get better without needing to see a doctor.

- **Stay home if you are sick.**

- Call a doctor early if you are elderly, pregnant or have a weak immune system or other medical problems.

- Call your doctor's office before visiting.

SEEK MEDICAL CARE IF YOU ARE SERIOUSLY SICK

| Difficulty breathing | Can't keep fluids down | Dehydration | Confusion | Other serious symptoms |

HELP PROTECT OUR COMMUNITY

If you are sick:

- Wash your hands well and often.

- Separate yourself from people and animals in your home.

- Wear a mask if you need to share a room or vehicle.

- Treatment includes taking fluids, rest and medications to help you feel better.

- Stay home until 24 hours after your fever has gone.

Beach Cities Health District
A Public Agency

COUNTY OF LOS ANGELES
Public Health