

Avoid the flu!



Avoid touching your eyes, nose, or mouth.

Influenza often spreads when someone touches a contaminated object and then touches his or her eyes, nose, or mouth.

When should I seek medical attention?

Influenza-related illness is now peaking in the New England area. You may need to see a care provider if you have the following serious flu symptoms:

- Fever higher than 101 degrees for two to three days
- Nausea or vomiting and an inability to keep fluids down
- Significant respiratory symptoms, including a big cough, wheezing, or shortness of breath
- Yellow or green discharge from the nose or produced with a cough

Severe headache, especially with stiff neck; ear or facial pain, persistent sore throat; white spots on tonsils; and/or unusual rashes are not typically associated with influenza, but these symptoms may indicate other serious illnesses for which you should seek medical attention.

Call MIT Medical (617-253-4481) to speak with a nurse or make an appointment, or come to Urgent Care.