

Flu Exposure and Isolation Guidance



Symptoms

- Fever/chills
- Headache
- Muscle pain or body aches
- Feeling tired or weak
- Sore throat
- Runny or stuffy nose
- Cough
- Shortness of breath
- Vomiting or diarrhea (usually in children)
- Confusion or disorientation (in older adults)

What to Do if you were Exposed

- Monitor for symptoms. Symptoms will usually happen abruptly and within 1-4 days of an exposure.
- Preventative treatment may be considered for contacts who are at high risk of complications of influenza. Consult with a health care provider for more information.
- If you are at higher risk from flu and develop flu symptoms, call your health care provider immediately. Your doctor may prescribe antiviral drugs to help treat your illness and prevent severe complications.

What to Do if you Test Positive

- Isolate immediately for at least 5 days.
- Avoid contact with individuals who are not sick, especially those who are at higher risk of getting very sick.

Individuals at Higher Risk of Getting Very Sick

- Older adults
- Young children
- People who are immunocompromised
- People with medical conditions
- People with asthma
- Pregnant and recently pregnant people
- Racial and ethnic minority groups

