

STEPS TO FOLLOW IF YOU HAVE THE FLU



STAY AT HOME

Avoid close contact including those that live with you.

GET REST & DRINK PLENTY OF WATER

It is important to avoid dehydration or fluid loss.

TAKE OVER THE COUNTER MEDICATIONS

Over the counter medications can relieve any fever, headache, muscle aches, cough, runny nose, sore throat, or body aches. Be sure to read and follow instructions on the bottle.

TAKE PRESCRIPTION MEDICATION

If you are prescribed a medication by your healthcare provider, be sure to follow the prescription instructions exactly as directed.

INFLUENZA (COMMONLY KNOWN AS "THE FLU") IS A CONTAGIOUS RESPIRATORY VIRUS WITH SYMPTOMS THAT CAN RANGE FROM MILD TO SEVERE.

Symptoms can include: fever or feeling feverish, chills, fatigue or tiredness, muscle or body aches, headaches, sore throat, stuffy or runny nose, vomiting and diarrhea.

PLEASE CALL AHEAD WHEN EXPERIENCING WORSENING SYMPTOMS. BE SURE TO WEAR A MASK AND PRACTICE PHYSICAL DISTANCING TO PROTECT OTHERS. VISIT THE CDC INFLUENZA AND COVID-19 WEBSITE FOR MORE INFORMATION. WWW.CDC.GOV/FLU/

WE ARE HERE TO HELP

DULUTH: NURSE LINE: 678-990-6423

DECATUR: NURSE LINE: 404-977-5130

MARIETTA: NURSE LINE: 770-514-2464



COVID-19 TESTING

COVID-19 OR THE FLU

It is difficult to rule out COVID-19 as the symptoms are very similar to the symptoms of the Flu. We recommend getting a COVID-19 test done even if you test positive for the Flu as you can have both infections at the same time.

COVID-19 TESTING HEALTH DEPARTMENT CONTACT INFORMATION

Visit your local health department website for COVID-19 testing and appointment. Enter your zip code and search for a testing site near you.

Cobb & Douglas Public Health (Covid19.dph.ga.gov/en-US/)
770-514-2300

Dekalb County Public Health (Dekalbhealth.net/covid-19/)
404-294-3700 Option 1

Clayton County (Dph.georgia.gov/covidtesting)
678-479-2223

Gwinnett, Newton, Rockdale Public Health (gnrhealth.com/covid-19-info/)
770-513-5631

Fulton County Public Health (fultoncountyga.gov/covid-19/covid-testing-sites)
404-613-8150

YOU CAN ALSO GOOGLE "COVID-19 TESTING SITES" FOR MORE LOCATIONS IN YOUR AREA.