

Do you think you have the

FLU?

Fortunately, most people can recuperate from the flu on their own.

Some tips for self-care include:

- Get plenty of rest
- Drink lots of liquids
- Treat aches and fever with over-the-counter acetaminophen or ibuprofen
- Sit in a steamy bathroom
- Run the humidifier
- Treat a cough with over-the-counter cough medicines or lozenges (but do not give cough medicines to children under age four)
- Treat a stuffy nose with saline nose drops or sprays



Mount Sinai is here for you.

We can get you the care you need as quickly as possible.

› Urgent Care/Walk-In

Schedule an appointment online or just walk in days, nights, weekends, and most holidays. We have many locations. For an Urgent Care facility near you, go to mountsinai.org/urgentcare.

› Same-Day Appointments

We offer same-day appointments throughout New York City.

Call 844-463-2778



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People who are at high risk

Flu can affect anyone, but the most vulnerable are:

- Children under age 5
- Adults over age 65
- Women who are pregnant or up to two weeks postpartum
- People with chronic illness, such as asthma or lung disease, heart disease, or disorders of the brain, blood, kidney, or liver
- People with a weak immune system, such as those with HIV, AIDS, or cancer

Flu symptoms can include:

- Fever or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Fatigue

How you can help fight the flu

The U.S. Centers for Disease Control and Prevention recommends that you:

- Get the flu vaccine every year (for those six months of age and older)
- Prevent the spread of germs by avoiding or limiting contact with sick people, and washing your hands with soap and water frequently
- Follow your doctor's instructions, including taking any prescribed flu medications

When do you need medical care?

Some symptoms do require medical care, such as:

- Difficulty breathing or shortness of breath
- Persistent pain/pressure in the chest or abdomen
- Persistent dizziness, confusion, or inability to arouse
- Seizures
- Not urinating
- Severe muscle pain, weakness, or unsteadiness
- Fever or cough that improves but then returns or worsens

Emergency Room vs. Urgent Care

In general, you really only need to go to an emergency room for a life-threatening emergency.

Most people with the flu don't need emergency care.

Most of the time, you can get the help you need at an urgent care facility, usually with a shorter wait time and a lower cost.

Mount Sinai urgent care facilities are open days, nights, weekends, and most holidays.