



**What do I do if I get sick with a respiratory infection, or am around someone who is sick?**



Watch for symptoms, stay alert if you're at higher risk, take steps to help stop the spread, and know when to seek medical care.



**Watch for symptoms**

If you've been around someone who is sick, it's important to watch for signs (e.g., fever, chills, feeling tired) that you might be getting sick, too.



**Take extra care if you're at higher risk for severe illness**

If you're over 65, younger than 2, or have underlying health conditions, you're at higher risk of getting very sick. Seeking care quickly can help reduce the chances of serious illness or complications.



**If you're sick, stay home and take precautions to stop the spread**

Stay away from others until you are fever-free without fever-reducing medicines and your other symptoms have improved for at least 24 hours. When you return to normal, take extra precautions for the next five days.



**Know how to recognize emergency warning signs**

If you or a loved one has a warning sign like fast/trouble breathing or chest pain, seek emergency medical care immediately.

**Stay informed about what's spreading in your community. If you feel unwell and symptoms persist, talk with your doctor.**

