



What If You Get the Flu?

If your doctor thinks you might have the flu, sometimes he or she will use a long cotton swab to get a sample of the gunk in your nose. Testing this sample in a lab can determine if you have the flu.

But usually this isn't necessary. Based on your symptoms and how you look during the visit, your doctor can usually tell if you have the flu, especially during times when a lot of flu is going around your town.

Once your doctor says you have the flu, start taking these steps to feel better:

- Rest in bed or on the couch.
- Drink lots of liquids, like water, chicken broth, and other fluids.
- Take the medicine your mom or dad gives you to ease your fever, aches, and pains.
- Tell your mom or dad if you have trouble breathing, if you are feeling worse instead of better, or if you aren't peeing as much as usual. These are signs you may need to see the doctor again.

Most of the time, you'll feel better in about a week. Until then, you'll have to stay home from school and take it easy.

We hope you're flu-free this year, but if you do get the flu, now you know what to do!