



Positive COVID or Flu Test?

***Here's how to take care of yourself,
protect others, and get support***

Self-care ... and when to get support

Most COVID and influenza (flu) symptoms can be self-managed using non-prescription cough, cold, and/or fever-reducing medication. Ask our pharmacy staff if you need recommendations. Be sure to get plenty of rest and drink lots of fluids to assist in your recovery.

If your symptoms are not improving, are worsening, or are concerning to you, please call us at 607-255-5155 (24/7) to consult with a medical provider.

Review more self-care strategies, plus information about when to seek medical care, at health.cornell.edu/COVID and health.cornell.edu/colds-flu.

Protect others

Help prevent the spread of infection by staying away from others until both of the following are true:

- you have not had a fever (and are not using fever-reducing medication) for at least 24 hours, AND
- your symptoms are getting better overall.

If you must be around others while you still have symptoms, wear a mask.

Antiviral treatment

Antiviral medication may be appropriate for you if:

- you are at high risk for complications related to your COVID or flu illness (*see side 2 for details*), AND
- you are within 5 days of the onset of your COVID symptoms, or 2 days of your flu symptoms

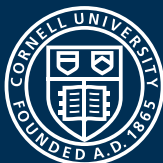
Call us during business hours to speak with a nurse (607-255-5155) to discuss whether antiviral treatment is right for you. Medication may be prescribed for you by phone, if clinically indicated.

Over

Cornell

Health

health.cornell.edu



Who is considered at “high risk”?

Some people – including those with certain underlying health conditions – are at **higher risk of developing serious complications** from COVID or the flu. For these individuals, it is recommended to start antiviral treatment as soon as possible after a positive COVID or flu test result.

Learn more by reviewing the following information from the Centers for Disease Control & Prevention (CDC):

COVID
“high risk” criteria:



*[cdc.gov/covid/
risk-factors](https://cdc.gov/covid/risk-factors)*

Influenza (flu)
“high risk” criteria:



*[cdc.gov/flu/
highrisk](https://cdc.gov/flu/highrisk)*

Questions?

Please call us any time to consult with a nurse:
607-255-5155 (24/7).