

INFLUENZA

WHAT IS INFLUENZA?

Influenza, commonly referred to as the flu, is another respiratory illness that is highly contagious. The virus infects the nose, throat, and lungs. It may also cause mild to severe illnesses and potentially lead to death in some. Seasonal flu epidemics are caused by the two main types of influenza, type A and B, that are routinely spread in humans.

SIGNS AND SYMPTOMS

After about 2 to 4 days after being infected the following symptoms may appear:

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

2-4 days

After about 5 to 7 days, symptoms usually resolve. Most individuals who get the flu recover within 1 to 2 weeks. Others unfortunately may develop serious medical problems/complications like pneumonia, bronchitis, sinus infections, and ear infections.

HOW DOES IT SPREAD?

The flu is typically spread by direct contact with respiratory droplets of an infected person's sneeze or cough. The flu virus enters the body when droplets land in the mouths or noses of people who are nearby. The virus can spread up to 6 feet and although less often, it can be spread from surfaces when a person touches their mouth, nose, or eyes after.



HOW IS IT TREATED?

- Drink fluids
- Take non-aspirin medication for fever and body aches
- Get plenty of rest

Consult healthcare provider if symptoms become more severe, especially if you are a person with higher risk. This includes but is not limited to people with medical conditions (asthma, diabetes, and heart disease) young children, adults over the age of 65, and pregnant people. Antiviral medication may be prescribed.

PREVENTION

The best protection against the flu is to get a flu vaccine each year. The CDC recommends that everyone 6 months and older should get the flu vaccine. The vaccine helps boost the immune system's ability to fight off the virus. In addition to getting the flu vaccine, everyone should wash their hands frequently, avoid close contact with people who are sick, eat a healthy diet to help boost immune system, and cover mouth with your elbow or a tissue when coughing or sneezing.



[Vaccine Information](#)



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FOR MORE INFORMATION
Visit the CDC here: [Influenza- CDC](https://www.cdc.gov/flu/)

This fact sheet is for information purposes and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care professional.