

Influenza Fact Sheet

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Symptoms of Influenza:

- Fever (usually high)
- Headache
- Muscle/body ache
- Sore throat
- Dry cough
- Fatigue
- Runny or stuffy nose
- At times, nausea, vomiting and diarrhea can also occur. These symptoms are more common in children.
- People with influenza are contagious one day before symptoms begin to show.

Flu facts

- Influenza vaccine can't give you the flu.
- A person who has influenza is contagious before symptoms begin to show.
- Influenza is a respiratory virus that spreads in droplets usually released by coughing and sneezing, but it can also spread by touching something that has the flu virus on it.
- On average, each year 5-20 percent of the United States population gets the flu, with about 200,000 needing hospitalized and 36,000 deaths.
- Even if vaccinated you can get the flu.

Respiratory Etiquette:

Respiratory etiquette means, basically, keeping your germs to yourself and here's how:

- ✓ When you cough or sneeze, make sure to cover your nose and mouth. Use a tissue or handkerchief. Or, use the sleeve of your shirt at the crook of the elbow.
- ✓ Make sure to dispose of tissues properly, so others don't have to touch them.
- ✓ Wash your hands regularly, especially before or after touching something, or before handling food.
- ✓ If you are sick, stay home: don't go to work, don't go shopping.
- ✓ If your child is sick, DO NOT send them to school or daycare.
- ✓ Never share eating utensils or drink after someone else.
- ✓ Even with your family be considerate and try to avoid spreading the virus.

Who should be vaccinated:

- Those 65 years of age and older.
- Children aged 6-23 months.
- Children and adults with chronic health issues.
- Those who work in nursing homes or long-term care facilities.
- Women who will be pregnant during flu season.
- Healthcare workers.
- Childcare workers and teachers.

Treating the flu:

- Drink plenty of fluids (non-alcoholic).
- Rest.
- Use medications to lessen or to relieve symptoms.
- See a physician if symptoms persist or worsen.

Who should not:

- Those with an allergy to eggs.
- Those with a reaction to the shot in the past.
- Children under six-months of age.

Be prepared:

Eat a balanced diet; exercise; and take care of your body, and you are less likely to be severely affected and more likely to fight off influenza