

WHAT IS INFLUENZA

Commonly known as the flu

Common viral infection

Contagious respiratory illness



Infects the nose, throat, and sometimes the lungs

Three types of Influenza:

A, B, and C



MANAGING SYMPTOMS

Over-the-counter fever reducers and pain relievers

-Acetaminophen

-Ibuprofen

-DO NOT give a child Aspirin

Cough Medications

Drink fluids

Rest

*If symptoms worsen, hospitalization may be required



WHO IS AT HIGH RISK FOR INFLUENZA

Children under 5 years of age

People who weakened immune systems

People 65 years or older

People with a chronic medical condition

Pregnant Women

STATS ABOUT THE FLU

- There are more than 3 million cases in the U.S. per year
- It is most contagious within the first 24 hours before having symptoms

SIGNS AND SYMPTOMS

Fever

Cough

Sore Throat

Runny or Stuffy Nose

Muscle or Body Aches

Fatigue

Vomiting

Diarrhea

Fever may not occur with everyone infected with influenza

For more information, visit:

<https://www.cdc.gov/flu/about/keyfacts.htm>

TRANSMISSION

Spread through Droplets
Examples: coughing, sneezing, talking

Touching infected items

HOW TO PROTECT YOURSELF AND LOVED ONES

- Get the flu vaccine very year
- Stay away from people who are sick
- Cover your coughs and sneezes
- Wash your hand frequently