

# Influenza (Flu)

## 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.

## What are the 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

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.

## How is it treated?

- Drink a lot of fluids
- Take non-aspirin medication for fever and body aches
- Get plenty of rest
- Consult healthcare provider if symptoms become more severe

## 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.
  - Cover mouth when coughing or sneezing.

## For more information:

Visit the CDC here: [Influenza - CDC Resource](#)



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