

# Influenza

## THE FACTS

The best way to prevent the flu is to get a flu shot.

### What is influenza (flu)?

The flu is a contagious disease caused by influenza germs. Flu can cause mild to serious illness, and sometimes hospitalization or even death.

### How to stop flu



Everyone over 6 months of age should get a flu shot each year.



Wash your hands with soap and water and do it often.



Cover your coughs and sneezes. Use tissue or your elbow, not your hands.

### Symptoms

People who have the flu often feel some or all of these symptoms.

You may also have body aches, chills and feel very tired.



Cough



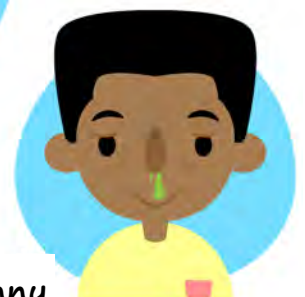
Sore  
Throat



Fever



Headache



Runny  
Nose

## How does flu spread?

Flu is spread from person to person by coughing, sneezing, talking or singing. It usually takes 1-4 days to get sick after you've been infected. You can spread flu 1 day **before** you start to feel sick and up to 5 to 7 days **after** becoming sick.



## Flu Problems

Some people are at higher risk of getting serious flu-related problems like pneumonia, ear infections, sinus infections, dehydration and worsening of other health problems:



## Treatment

Only a healthcare provider can confirm flu. If you are sick you should:



Rest and stay home until at least 24 hours after you are free of fever.



Some people may need pills to lower their chances of serious problems from the flu.

Contact your health care provider with questions.

