

# Flu

## What is it?

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It causes mild to severe illness and can be fatal. There are two main types or strains that cause seasonal flu epidemics each year: types A and B.



## How does flu spread?

- On contaminated surfaces
- Through droplets breathed out when an infected person coughs or sneezes



## Symptoms

It can take 1-4 days (on average 2) for symptoms to develop. Symptoms come on suddenly and may include:

- Fever (usually  $\geq 101^{\circ}\text{F}$ )
- Headache
- Extreme tiredness
- Dry cough
- Muscle and body aches
- Weakness
- Nausea, vomiting and diarrhea (more common in children)

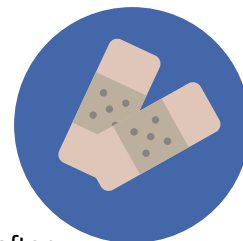


## Who is at risk for severe illness?

- Children under age 5
- Adults 65 and older
- Pregnant people
- People with compromised immune systems or chronic medical conditions

## Ways to prevent flu

- Get vaccinated every year
- Cover coughs and sneezes
- Avoid touching your face with unwashed hands
- Wash your hands well and often
- Avoid close contact with people who are sick



## When sick

- Stay home when sick
- Rest
- Drink fluids
- Manage fever
- Talk with your healthcare provider about antiviral drugs



Learn more  
about flu