

# THE FLU (Influenza)



**What is the flu?** It is a contagious virus spread by contact with droplets from the respiratory system (nose, throat, lungs) through coughing, sneezing, talking or by touching surfaces that contain the flu virus and then touching their eyes, mouth, or nose. Symptoms start suddenly, usually one to four days after being infected and may last for about seven days.

## Signs and Symptoms:

- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue/ feeling tired and weak
- Fever
- Possible vomiting or diarrhea

## Prevention:

- Flu vaccine given yearly
- Hand washing
- Avoid other people that are sick
- Cover your cough
- Stay home from school if you are sick!



Antibiotics do not treat the flu! Over the counter medications may be used for treating symptoms including pain relievers, cough medicines, decongestants and antihistamines. Your health care provider may prescribe an antiviral to help reduce the severity and length of symptoms.