

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 1-4 days after being infected and may last for about 7 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 doctor may prescribe an antiviral to help reduce the severity and length of symptoms.