



INFLUENZA

- What is INFLUENZA?** Influenza (flu) is a contagious respiratory illness caused by Influenza viruses. Two main types of Influenza viruses (A and B) are responsible for seasonal influenza outbreaks every year. These viruses may cause mild to severe illness.
- Transmission:** From person to person, by droplets formed when a person coughs, sneezes, or talks. These droplets can be spread up to six feet away. The virus may also spread by touching contaminated surfaces or objects. A person may be able to spread the virus to other people beginning 1 day before symptoms appear and up to 5 to 7 days after becoming sick. Therefore, a person may infect others before knowing they are sick and while they are sick.
- Signs and Symptoms:** Sudden onset of fever, chills, cough, sore throat, runny nose, body aches, weakness, and headache. In children, other symptoms include vomiting and diarrhea. Complications from the flu include pneumonia, bronchitis, or worsening of chronic conditions such as asthma. Persons at higher risk of complications include people 65 years and older, persons with chronic conditions, pregnant women, and children.
- Treatment:** Antiviral medications.
- Diagnosis:** Laboratory tests.
- What can you do?** Contact your health care provider if you have developed symptoms or had close contact with someone that has the flu. Call your doctor before going to the hospital. It is not recommended to go to the emergency room if you are only mildly sick. Only persons who are very sick and present emergency warning signs should go to the hospital.
- If you are sick, stay home for at least 24 hours after the fever is gone and avoid close contact with others, except to get medical care. If you must leave home, wear a facemask or cover cough and sneezes with a tissue, and wash your hands frequently with soap and water.
- Do not share linens, eating utensils, or other objects with a person who is sick.
- Whom do you call?** Division of Public Health, Office of Infectious Disease Epidemiology: 1-888-295-5156.
- For more information:** Visit the Centers for Disease Control and Prevention website: www.cdc.gov/flu/.

24/7 Emergency Contact Number: 1-888-295-5156

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