

DO YOU HAVE THE



FLU?

Seasonal flu is a highly contagious respiratory illness. Every year an average of 5 to 20% of the U.S. population is affected.¹ While most people recover quickly, the flu can be dangerous to pregnant women, young children, people over 65 and those with a weakened immune system. Learn how to identify the symptoms and protect yourself and your family.

¹http://www.flu.gov/about_the_flu/seasonal/index.html

FLU FACTS



Most people are contagious **one day before** they have flu symptoms and **five to seven days after** they become sick.

Flu season typically starts in **October** and can last until **May**.



The flu is caused **by a virus** and cannot be treated by antibiotics.

The old remedy to “starve a fever, feed a cold,” isn’t true. **A healthy, well balanced diet full of antioxidants and plenty of fluids** are recommended for both a cold and the flu.



HOW DO YOU KNOW YOU HAVE THE FLU?

Flu symptoms have a rapid onset—usually developing in a few hours. They include:



HIGH FEVER
(100-102° F or higher in young children)



FATIGUE & EXHAUSTION



BODY ACHES & PAINS



HEADACHES



CHEST CONGESTION & DISCOMFORT



COUGH

Although vomiting and diarrhea can sometimes be seen in children, they are not common symptoms of the flu in adults. Vomiting and diarrhea are more commonly seen with a stomach virus.

TREATING THE FLU

Over-the-counter remedies can help alleviate flu symptoms. If you have certain high risk conditions, your doctor may prescribe antiviral medications to help shorten the duration of the flu.



THE FLU VACCINE

A seasonal flu vaccine is one of the best ways to prevent catching and spreading the flu. However, the flu vaccine does not protect against other diseases such as a cold or stomach viruses.



DID YOU KNOW:

If you develop flu symptoms within a few days of getting the vaccine, you were already infected with influenza. The flu vaccine contains a dead or weakened virus that cannot give you the flu.

WHEN IT'S NOT THE FLU

THE COMMON COLD

Symptoms of a cold and the flu are very similar and they are often mistaken for each other. Symptoms of the common cold typically include:



- A slow onset that can take up to a day or two to fully develop
- No fever or a low-grade fever
- Stuffy or runny nose
- Sore throat
- Coughing and sneezing

THE STOMACH “FLU” (GASTROENTERITIS)

Often mistaken for the flu, gastroenteritis or the “stomach flu,” can be caused by a bacteria, virus, parasites or spoiled food. Unlike the influenza virus, it typically does not affect the respiratory system. Symptoms include:



- Abdominal pain
- Nausea and/or vomiting
- Diarrhea
- Low-grade fever



REMEMBER: Washing your hands with soap and water for at least 20 seconds, several times per day can help protect you from colds, influenza and gastroenteritis.