**DO 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.

**FLU FACTS**

- Most people are contagious one day before they have flu symptoms and five to seven days after they become sick.
- The flu season typically starts in October and can last until May.
- The flu is caused by a virus and cannot be treated by antibiotics.

**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.

For more information on the flu, visit scripps.org/FluInfo or call 1-800-SCRIPPS (727-4777)