Influenza – the True Flu

**Symptoms:** Influenza can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

* It's important to note that not everyone with flu will have a fever.

**Cause:** There are many different strains of the influenza virus.
- *One is most infectious starting one day before symptoms begin and up to 7 days after symptoms started.*

**How is it Spread?** Influenza is transmitted through the air by coughs or sneezes. Influenza can also be transmitted by direct contact with bird droppings or nasal secretions, or through contact with contaminated surfaces.

**How to Treat:**
- *If you suspect you have influenza, call the health center for an appointment to have an influenza test.*
- We Strongly Encourage you NOT to attend class, work or social events!
- You should self-isolate yourself from others.
- Rest!
- Keep your body hydrated with fluids (water, juice, popsicles).
- Treat the symptoms with appropriate over-the-counter medication as needed.

**Call for an appointment if you develop:**
- Symptoms worsen after seeing a health care professional
- You are not seeing improvement in 7 days.

**Go to the Emergency Room if you develop:**
- Difficulty Breathing
- Become disoriented/confused
- Cannot put your chin to your chest.
- Develop a rash.