

Influenza (Flu) Information

DEFINITION:

A contagious respiratory illness which can cause mild to severe illness.

CAUSE:

Influenza viruses.

SYMPTOMS:

- **Fever (100 degrees F or 37.8 degrees C or greater)**, however, not everyone will have a fever.
- Cough, Sore Throat
- Headache
- Runny or stuffy nose
- Muscle or body aches, Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

TRANSMISSION:

Spread mainly by droplets made when people with the flu cough, sneeze, or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose.

INCUBATION PERIOD:

7-10 days.

PERIOD OF INFECTIVITY:

From 1 day before symptoms develop and up to 5-7 days after becoming sick.

MANAGEMENT:

- The single best way to prevent the flu is to get a flu vaccine each season between September and January especially if at a higher risk for developing complications.
- Good hygienic measures to prevent the spread including good hand washing, not sharing personal items, and to cover your coughs and sneezes with tissues or use your sleeve when a tissue is unavailable.
- Know the signs and symptoms of the flu. If one household member has flu symptoms, the rest of the family is more likely to develop symptoms.
- Stay home for at least 24 hours AFTER you no longer have a fever or do not have signs of fever, WITHOUT using fever-reducing drugs.
- This disease may be of concern to staff members who are pregnant or trying to become pregnant. Follow up with your health care provider is recommended after known or suspected contact.

CONTACT YOUR HEALTH CARE PROVIDER IF YOU HAVE CONCERNS.

For more information, visit www.flu.gov or call 1-800-CDC-INFO for the most current information about the flu.