



Ugh.....that awful flu!

- The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness and can have serious complications.

Symptoms of flu include:

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- Having these symptoms does not always mean that you have the flu. Many different illnesses, including the common cold, can have similar symptoms.

What to Do if You Get Sick with the Flu:

- Try to prevent spreading the illness by isolating yourself – go to bed!
- Get lots of rest, drink plenty of liquids, and avoid using alcohol and tobacco.
- There are over-the-counter medications to relieve the symptoms of the flu (but don't take aspirin based product if you have flu-like symptoms, particularly fever).
- Remember that serious illness from the flu is more likely in certain groups of people including those with certain chronic medical conditions, women who are pregnant, and people 65 years and older.
- Most healthy people recover from the flu without complications. **If you have a high fever, feel weak, dizzy, or dehydrated, call our health center and talk with one of our nurses!**

How to Avoid Getting Sick and Making Others Sick:

- Stay away from crowds during the cold and flu season.
- Wash your hands frequently. Use an alcohol-based gel if you don't have access to water. Always wash hands before eating and drinking.
- Get plenty of rest and eat well.
- Wash any shared surfaces (like phones and keyboards) frequently. Viruses can live on surfaces for several hours.
- When you cough or sneeze, turn your head away from others.
- Cough and sneeze into a tissue. If you have a sudden sneeze or cough and no tissue, cough or sneeze into the bend of your arm; throw tissue away and wash hands.
- Try not to touch your eyes, nose, or mouth. This helps prevent germs from entering your body.
- **Get the flu vaccine every year!**