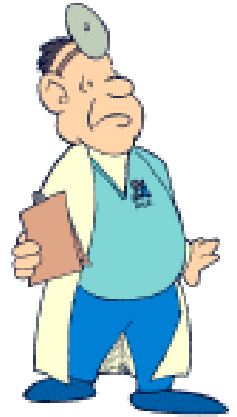


# Influenza

## What is it?

- **Influenza**- caused by a viral infection
- **Starts**- 24 to 48 hours after infection and begins suddenly



## How do you prevent?

- **Prevent**- contact with the virus
- **Yearly**- get a Flu vaccine
- **Children and Others**- not exposed to influenza need 2 doses of vaccine with 1 month between vaccines

## What are the Symptoms?

- **Fever**- 100 to 104, runny nose, cough, headache, feeling of illness, inflammation of the airways and nose
- Chills, shaking chills, aching all over the body, mouth and jaw hurt
- Aching around and behind the eyes
- Dry cough
- Skin warm and flushed
- Nausea and vomiting
- **Weakness and Fatigue**- may last up to 10 days



## What do I need to do?

- **Increase Fluids**- broth, water, popsicles, juices, gelatin
- **See a Health Care Provider**- if needed
- Stay in bed and rest, avoid exertion

