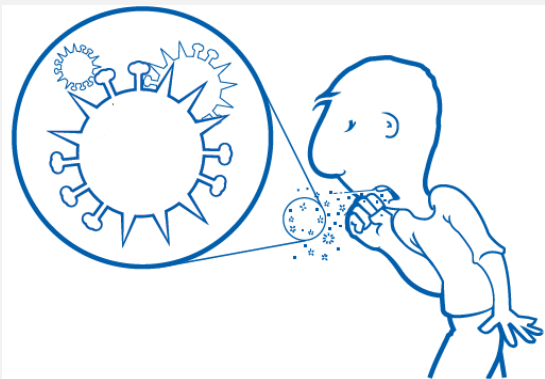
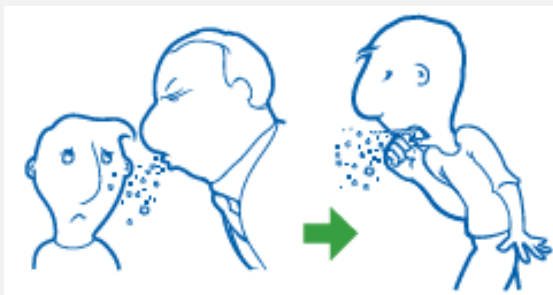


Flu (Influenza)



WHAT YOU NEED TO KNOW

Flu can be serious and result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.



Influenza spreads when someone with the illness coughs, sneezes or talks, and small droplets get into the nose or mouth of another person close by. Less often a person might get the flu by touching a surface that has flu virus on it and then touching his/her own mouth, nose or eyes.

SYMPTOMS

Symptoms usually start suddenly and include:

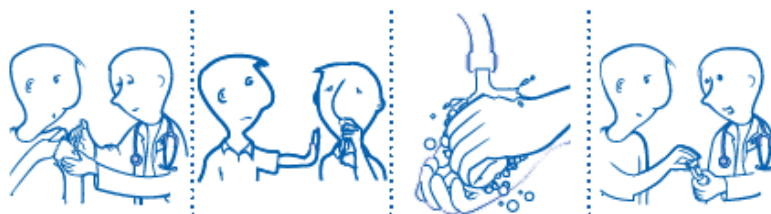
- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Headache
- Chills
- Muscle and body aches

See your health care provider for symptoms that are severe or do not get better.

HOW TO PREVENT GETTING AND SPREADING THE FLU

Preventive measures are by far the best way to minimize the spread of flu in long-term care facilities

- Get yourself vaccinated against the flu every year.
- Stay home if sick.
- Cover your mouth and nose with a tissue when coughing or sneezing. If you don't have a tissue, cover your mouth with your sleeve.
- Wash hands often.
- Use medication the way your doctor recommends it.



This factsheet was adapted from the Centers for Disease Control and Prevention (CDC) website