**Influenza (Seasonal Flu):**

What is the flu?
Influenza is a viral infection. People often use the term “flu” to describe any kind of mild illness, such as a cold or a stomach virus. However, the real flu is different. Flu symptoms are usually worse than a cold and last longer. The flu usually does not cause vomiting or diarrhea in adults. Most flu outbreaks happen in late fall and winter.

**Complications:**
Certain populations are at higher risk of problems from the flu. These groups include young children, pregnant women, geriatrics, and people with long term illnesses or chronic immune deficiencies.
Complications of the flu may include ear infections, sinus infections, bronchitis, or pneumonia.

Antiviral drugs work best when prescribed within 2 days of the onset of symptoms.

**How is flu diagnosed?**
Diagnoses is typically made based on symptoms and clinical examination. In addition, known exposure, local health department reports, and labs such as blood work, nose or throat swabs may prove valuable.

**How is flu treated?**
- Increased fluid intake, unless clinically contraindicated.
- Fever reducing medications.
- Antiviral drugs may be prescribed and may result in a milder case of the flu.

**Points to Remember:**
- The flu is usually characterized by more severe symptoms than a cold.
- The flu usually lasts longer than a common cold.
- Most flu outbreaks happen in late fall and winter.
- There are different strains of flu every year.
- Complications of flu may be serious for certain groups of people, including geriatrics.

---

**2013:**

- Flu Description P.1
- Causes of Flu P.1
- Flu Symptoms P.1
- Complications of Flu P.1
- Diagnosis of Flu P.1
- Treatment of Flu P.1
- Serious Warning Signs of Flu P.1
- CDC Take 3 Actions P.2
- ADL Quizze P.1
CDC Says “Take 3” Actions to Fight the Flu

Get the flu vaccine:
- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, a flu vaccine protects against the three viruses that research suggests will be most common.
- Everyone 6 months of age and older should get a flu vaccine as soon as the current season’s vaccines are available.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung Disease, and those 65 years and older.

Take everyday preventative actions to prevent the spread of germs:
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.

Take antiviral drugs if prescribed:
- If you get the flu, antiviral drugs can treat your illness.
- Treatment with antivirals may make the illness milder, shorten the time you are sick, and prevent serious flu complications.
- Studies show that flu antiviral drugs work best if they are started within 2 days of getting sick, but follow your doctor’s instructions for taking antiviral medications.