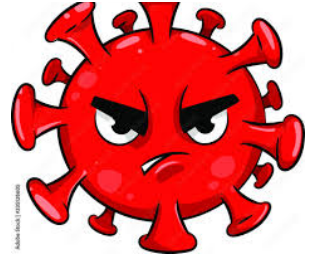
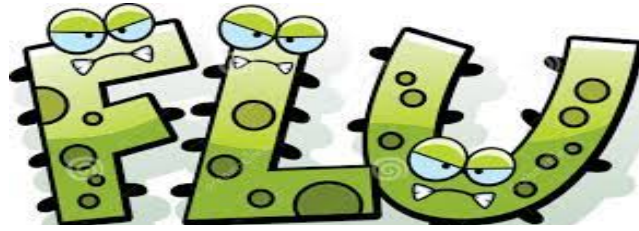


SEPTEMBER BUG OF THE MONTH



What is Influenza (Flu)?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

Flu Symptoms

Usually begin suddenly. People who have flu often feel some or all of these symptoms:

- Fever or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

Flu Treatment

- Can be tested for flu via nasal swab (short stick)
- When treatment is started within 1-2 days after flu symptoms begin, influenza antiviral drugs (*Tamiflu*, *Relenza*, etc.) can lessen symptoms and shorten the time you are sick by 1 or 2 days. They might also prevent some flu complications, like pneumonia

Healthy Habits to Help Protect Against Flu

1. Avoid close contact with people who are sick.
2. Stay home when you are sick.
3. Cover your mouth and nose with a tissue when coughing or sneezing.
(Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk).
4. Clean your hands frequently with soap and water.
5. Avoid touching your eyes, nose or mouth.

