Influenza

Influenza, or flu, is a viral illness that commonly occurs in the winter and affects many people at once. Symptoms of the flu are usually more severe than a cold and come on suddenly. Symptoms include fever (100-104), shaking chills, body aches, muscle pain, headache, pain when you move your eyes, fatigue, weakness, & runny nose. Symptoms last up to 10 days. Most other viral illnesses have milder symptoms and don't last as long.

Although you feel very sick, the illness seldom leads to serious complications. Flu can be dangerous to babies, older adults, and people with certain chronic conditions.

Medications taken for the flu work best if taken within 48 hours after symptoms first appear. Drink extra fluids to replace those lost from fever, to ease a scratchy throat, and to keep nasal mucus thin. Hot tea w/lime, plain water, fruit juice, and soup are all good choices.

Take acetaminophen or ibuprofen to relieve fever, headache, and muscle aches.

Call a physician if you seem to get better then get worse again.

PREVENTION

• Get a flu shot. It can be given to anyone over 6 months old.
• Keep up your resistance by eating a healthy diet, getting plenty of rest, and exercising regularly.
• Avoid exposure to the flu. Wash your hands often, keeping them away from your nose, eyes, and mouth.
• Stop smoking to lower the risk of complications from the flu.