



Influenza

- The treatment you have received has been on an urgent basis only. It is just the beginning of your care.
- Arrange for follow-up care as recommended by the Emergency Physician.

What is the flu?

- The flu is a contagious respiratory illness caused by the influenza virus.
- It is commonly spread person to person by droplets through coughing and sneezing close to a person, and by touching an object that has the droplets on it and then touching your mouth or nose before washing your hands.

What are symptoms?

- High fever
- Headache
- Extreme fatigue
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Symptoms of nausea, vomiting and diarrhea are more common in children.

How can you prevent getting the flu?

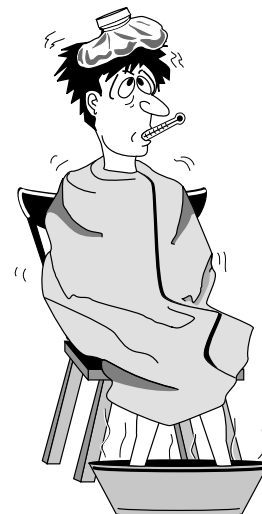
- Vaccination – Getting the flu shot is the best method to prevent getting the flu.
- Avoid close contact with people who have the flu.
- Wash your hands frequently with soap and water.
- Avoid touching your nose or mouth.
- Get plenty of rest and eat a healthy diet.

What to do if you get the flu?

- Avoid close contact with other people.
- Stay at home – Do not go to work until you are feeling better.
- Cover your nose and mouth when coughing or sneezing.
- Wash your hands with soap and water often.
- Avoid touching your nose or mouth.
- Get plenty of rest and drink lots of fluids.
- Avoid alcohol and smoking.
- Take Acetaminophen (Tylenol) and Ibuprofen (Motrin or Advil) to help with the fever and muscle aches.

When should I go to the Emergency?

- If you have fever for more than 3 days.
- You are having difficulty breathing.
- If you are unable to take in fluids due to vomiting or difficulty swallowing.
- If you develop a headache, neck stiffness and/or rash.



**Smoking is a
serious health risk**