

The Flu & You

Short for influenza, there are many kinds of flu. All are caused by viruses that affect your nose, throat, breathing tube, and lungs.

F L U



TYPES OF FLU

- **Seasonal flu.** This is the common flu that comes yearly, during fall and winter months.
- **Swine flu (variant).** This is a flu virus that normally spreads in pigs but can infect humans through exposure with infected pigs at farms, etc.
- **Avian flu.** This is also called bird flu, because it normally infects birds. The viruses that cause it may be able to change to a form that could pass from one person to another.
- **Pandemic flu.** This is a global outbreak of a new flu, a virus, which causes serious illness that spreads easily from person to person.

SIGNS & SYMPTOMS

- A high fever
- Headache
- Extreme tiredness. (You feel like staying in bed.)
- Body aches
- Sore throat
- Dry cough
- Runny or stuffy nose

SELF-CARE

- Rest and drink plenty of fluids.
- Take an OTC medicine for fever and muscle aches. Follow your health care provider's advice for what to take.
- Gargle every few hours with warm salt water. Make this by mixing 1/4 teaspoon of salt in 1 cup of warm water.
- Cover your mouth and nose with a tissue when you cough or sneeze. Put used tissues in the waste basket. Then, clean your hands.
- Stay away from others as much as possible.
- You may be able to infect others 1 day before you get symptoms and up to 5-7 days after getting sick. Wash your hands with soap and water often. Do this for 15-20 seconds each time. When you can't use soap and water, use alcohol-based hand wipes or gels.
- Antibiotics do not treat the flu. Contact your health care provider within 48 hours of the start of flu symptoms. They may prescribe an antiviral medicine to make flu symptoms milder and help you get better sooner.

