Flu (Influenza)

Flu, or influenza, is an infection of the nose, throat, windpipe, lung, airways & muscles. It’s not the same thing as the common cold. It is usually much more severe, causing very high fevers, muscle pain, headache, fatigue, chills and dry cough. Most people with the flu get better in 7-10 days.

Treatment:

✓ Contact primary care provider if you feel you have influenza. He or she may prescribe an anti-viral medicine to help reduce the severity and duration of the flu
✓ Get plenty of rest and drink plenty of fluids
✓ Take Acetaminophen or Ibuprofen to relieve fever, headache and body aches

Prevention

✓ Get vaccinated to prevent influenza
✓ Avoid contact with people who have the influenza virus
✓ Frequent handwashing
✓ Get plenty of rest, eat well and exercise to strengthen your immune system