

# INFLUENZA (FLU)

**What is the Flu?** Flu is a viral illness that is common in winter and can affect many people at once. Symptoms are similar to a cold, but usually more severe and can come on quickly.

## **Symptoms may include:**

Fever (101°–104° )	Tiredness	Sore throat
Headache	Chills	Cough
Runny or stuffy nose	Muscle aches	

## **Good Health Habits:**

- Avoid close contact with people who are sick
- Stay home when you are sick – from school, work, and social events / family get-togethers
- Cover your mouth and nose with tissue when you cough or sneeze
- Wash your hands with soap and water often
- Keep your hands away from your eyes, nose and mouth

## **If You Get Sick:**

- ✓ Get plenty of rest
- ✓ Drink extra liquids – at least one glass of water or juice every waking hour
- ✓ Avoid using alcohol or tobacco
- ✓ Take acetaminophen, aspirin, or ibuprofen to relieve fever, headache, and muscle aches. (Do not give aspirin to children or teens under age of 20)

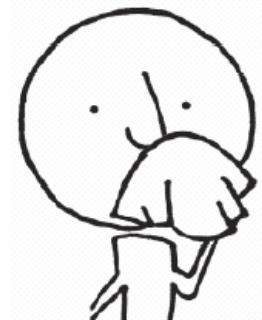
**Seek Medical Care Immediately** (call your clinic or go to an emergency room) if you see the following emergency warning signs:

### **In Children:**

- Fast breathing or trouble breathing
- Bluish skin color
- Fever with a rash
- Not drinking enough fluids
- Not waking up or interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

### **In Adults:**

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting



**Multnomah County Health Department**