

INFLUENZA (THE FLU)

THE IMPORTANCE OF KNOWING MORE

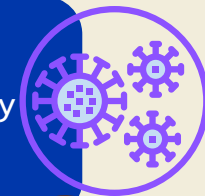
Learn about influenza
(flu).



1

WHAT IS INFLUENZA (THE FLU)?

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. There are two main types of flu: Type A and Type B.



2

HOW DOES THE FLU SPREAD?

The flu spreads through the air when sick people cough, sneeze, and talk and through contact with oral and nasal secretions.



3

WHAT ARE FLU SYMPTOMS?

The flu can cause mild to severe respiratory illness, and at times can lead to death. Symptoms can include: fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, vomiting, diarrhea.



4

HOW IS IT DIAGNOSED?

The virus is diagnosed with special tests using swabs from the nose or the back of the throat.



5

HOW IS THE FLU TREATED?

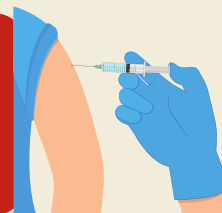
Antivirals are a treatment option. People at higher risk of serious flu complications (65 years or older, pregnant, asthma, diabetes, heart disease, other underlying medical conditions) should check with their doctor.



6

HOW TO PREVENT THE FLU?

The best way to reduce the risk of flu and its potentially serious complications is to get vaccinated each year, wash hands, cover nose and mouth when sneezing, avoid contact with sick people, and stay home if you are sick.



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