



# Influenza (Flu)

## FACT SHEET

### What is Influenza?

Influenza is a viral infection of the lungs and airway that is commonly referred to as “the flu”. Anyone can catch influenza, as it’s spread person to person by coughing and/or sneezing. Flu can also be spread via direct contact of contaminated objects, such as door handles, tables, keyboards, etc. Influenza can be serious and lead to serious complications, such as pneumonia.

### Symptoms:

Symptoms of influenza can be similar to those of the common cold; however, influenza symptoms are usually more severe. Common symptoms include:

- Fever (100 F or greater)
- Cough
- Sore Throat
- Fatigue or tiredness
- Chills
- Body aches
- Stuffy or runny nose
- Headache

Symptoms typically start within 1-3 days after being exposed to the influenza virus. Most people feel better after several days, however, cough and tiredness may last 2+ weeks.

### Treating Influenza

Influenza can be treated with antiviral medications when deemed appropriate by a healthcare professional. Typically, individuals are recommended to get plenty of rest, drink fluids such as juices or water, and consider use of fever-reducing medications such as acetaminophen or ibuprofen. **DO NOT** give aspirin or aspirin-containing medications to children or teenagers exhibiting symptoms without first consulting with a healthcare provider. Do not give children any over the counter medications or remedies without first consulting with their pediatrician.