



# INFLUENZA (FLU)

## What is Influenza?

The "flu" is a contagious disease caused by a virus that attacks the respiratory tract (nose, throat, and lungs).



## How to identify, signs/symptoms

- Fever
- Cough
- Sore throat
- Headache
- Chills
- Muscle aches
- Fatigue
- Runny nose
- Occasionally vomiting and diarrhea

## How is it spread/caused?

- Spread person to person through droplets from the nose and throat
- May be spread by touching a surface or object with virus on it
- Contagious 1 day before symptom onset, until about 7 days after start of illness

## How is it treated?

- Treatment is aimed at relieving the symptoms through rest, over-the-counter pain and fever reducers, cough suppressants, and hydration
- Wear a mask, avoid contact with others until free of fever for 24 hours
- Antivirals may decrease length and severity of illness if started within 2 days of getting sick
- Get the flu vaccine yearly to prevent the illness or lessen the severity

## When to seek further care:

- Severe or persistent vomiting, decrease in urination, significant changes in fever, if symptoms improve and then return.
- CALL 911 if you experience difficulty breathing, pain or pressure in chest or abdomen, sudden dizziness, or confusion.

Check out the latest updates and more details from **the CDC:**



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