

**WHAT IS THE FLU?** — Influenza—or “the flu”—is a highly contagious respiratory illness caused by viruses. Symptoms of the flu often include fever, cough, sore throat, nasal congestion, body aches, headaches, fatigue and chills. According to the Centers for Disease Control and Prevention, each year in the United States, more than 200,000 people are hospitalized and approximately 36,000 people die as a result of seasonal flu complications. Fortunately, there are steps you can take to increase your chance of avoiding the flu this winter.

## PREVENT THE FLU

Getting a seasonal flu vaccine each year is the best way to avoid influenza. There are two types of flu vaccine: the flu shot and nasal-spray vaccine. Exposure to the flu virus stimulates the body’s immune response, producing protective antibodies that protect against influenza virus infection. Because the viruses that cause influenza are always changing, it is important to be immunized against the current strains of influenza every year. Additionally, take the following preventative measures recommended by the Centers for Disease Control and Prevention.

- ✦ Cover your mouth with a tissue when you sneeze or cough.
- ✦ Do not touch your eyes, nose, or mouth to minimize exposure to germs.
- ✦ Wash your hands frequently with soap and water or alcohol-based rub.
- ✦ Avoid close contact with people who have flu-like symptoms.

## I HAVE THE FLU!

For those who do come down with the flu, the good news is that healthy individuals usually recover from flu without complications.

- ✦ Get plenty of rest.
- ✦ Drink plenty of fluids.
- ✦ Avoid using alcohol and tobacco.
- ✦ Consider over-the-counter medications to relieve symptoms.
- ✦ *Do not give aspirin to children or teenagers who develop flu-like symptoms.*
- ✦ Take flu antiviral medications if recommended by your physician.

CONSULT YOUR PHYSICIAN BEFORE RECEIVING A FLU VACCINE IF YOU HAVE EXPERIENCED A SEVERE ALLERGIC REACTION TO EGGS OR TO A FLU SHOT IN THE PAST, OR IF YOU HAVE A HISTORY OF GULLIAN-BARRÉ SYNDROME.

# SEASONAL INFLUENZA: PREVENTION AND TREATMENT



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The common cold and influenza are both caused by viruses and share some similar symptoms. However, colds and flu are different in some important respects and require different treatment. The list below will help you determine whether you have a cold or the flu.

El resfriado común y la gripe están causados por virus, y comparten algunos síntomas similares. Sin embargo, los resfriados y la gripe son diferentes en algunos aspectos importantes y requieren tratamiento diferente. La lista abajo ayudará a usted a decidir si está resfriado o tiene gripe.

<b>COLD SYMPTOMS INCLUDE: LOS SÍNTOMAS DEL RESFRIADO INCLUYEN:</b>	<b>FLU SYMPTOMS INCLUDE LOS SÍNTOMAS DE LA GRIPE INCLUYEN:</b>
✓ Runny or stuffy nose Nariz taponada o moqueada	✓ Fever Fiebre
✓ Sneezing Estornudando	✓ Chills Escalofríos
✓ Cough Tos	✓ Body aches Dolores del cuerpo
✓ Fatigue Cansancio	✓ Fatigue Cansancio
✓ Dry cough Tos seca	✓ Sore throat Dolor de garganta
✓ Fever Fiebre	✓ Cough Tos

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