



Help Stop Spreading the Flu!

Strategies for Wellness

What is the Flu?

- The flu (or influenza) is a contagious respiratory illness caused by a virus.
- The flu is different from a cold causing mild to severe illness.
 - Can sometimes lead to death.
- Flu symptoms include:
 - Fever or chills
(fever does not occur in all settings)
 - Cough
 - Sore throat
 - Runny or stuffy nose
 - Muscle or body aches
 - Headaches
 - Fatigue
 - Vomiting and diarrhea
(more common in children than adults)

The Flu is Contagious!

- Symptoms start 1 to 4 days after the virus has entered the body.
- Virus can be spread 1 day before the symptoms arrive and up to 5-7 days after becoming sick.
 - Children can pass virus for more than 7 days.
- Some people can become infected and experience zero flu symptoms.
 - Can still spread the virus to others.



Prevention is Key!

- The flu vaccination is **recommended** for those 6 months or older.
- Healthy habits that may help prevent the flu include:
 - Avoid close contact
 - Stay home when you are sick
 - Cover your mouth and nose
 - Sneeze, cough, yawn, etc.
 - Wash your hands regularly
 - Especially before eating
 - Avoid touching your eyes, nose, or mouth
 - Practice other good health habits
 - Disinfect frequently touched surfaces, be physically active, drink plenty of fluids, eat nutritious foods, etc.

Hand Washing Techniques

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.



References

- <https://www.cdc.gov/flu/about/disease/complications.htm>
- <https://www.cdc.gov/flu/about/disease/spread.htm>
- <https://www.cdc.gov/flu/protect/habits/index.htm>
- <https://www.cdc.gov/features/handwashing/index.html>