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