



Influenza

Flu Symptoms

Aches, pains

Chest discomfort, cough

Chills

Fatigue

Fever

Headache

Sneezing

Sore Throat

Stuffy Nose

Flu Awareness

Influenza (the flu) is a contagious respiratory infection affecting millions of people annually.

Most flu sufferers get better within a week or two, complications from the flu can lead to serious health problems, even death. Potential complications include: sinus congestion, ear infections, asthma, bronchitis, and pneumonia.

Risks for complications are greatest among the elderly, infants, pregnant women, and people with chronic conditions.

Flu outbreaks can occur as early as October.

Peak flu season typically lasts from December through March.

Seek medical care if you...

- Suffer from a condition that puts you at risk for getting a severe case of the flu or suffering from a complication
- Have difficulty breathing
- Have pain or pressure in the belly or chest
- Experience sudden dizziness
- Have a severe sore throat or severe sinus pain
- Have fever and a cough that produces a lot of colored phlegm
- Suffer from severe or persistent vomiting
- Have a fever of 103 or higher
- Have a fever of 101 that lasts more than three days
- Have flu symptoms that get better then return with a fever and a cough
- Have symptoms for more than 10 days

**Contact Public Health for a Flu Shot
704-296-4800**



Flu Prevention starts with you



Division of Public Health
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Help prevent the spread of germs by following a few simple rules

- Avoid close contact with others
- Use tissues or the inside of your elbow to cover your coughs and sneezes
- Wash your hands any time you cough or sneeze
- Throw used tissues in the trash immediately
- Clean hands often with soap and water or an alcohol-based hand sanitizer
- Keep kitchens, bathrooms and toys clean
- Don't share items for drinking or eating
- Avoid contact with anyone who has a cold or the flu
- Avoid crowds during peak flu season
- Stay home from work or school when sick
- Drink plenty of water
- Keep your hands away from your eyes, mouth and nose
- Get enough sleep, exercise, and nutritious food daily

Should I get a flu shot?

Vaccination is the best protection against the flu. The U.S. Centers for Disease Control and Prevention recommends that everyone age 6 months and older has an annual flu vaccine. A nasal-spray vaccine is an option for healthy children ages 2 and up, as well as for healthy, non-pregnant adults through age 49. Talk with your healthcare provider.

Possible flu relief

If diagnosed within 48 hours of when flu symptoms start, prescribed medications may shorten how long you have the flu, and help prevent its spread. Since side effects are possible, check with your doctor about risks versus benefits.