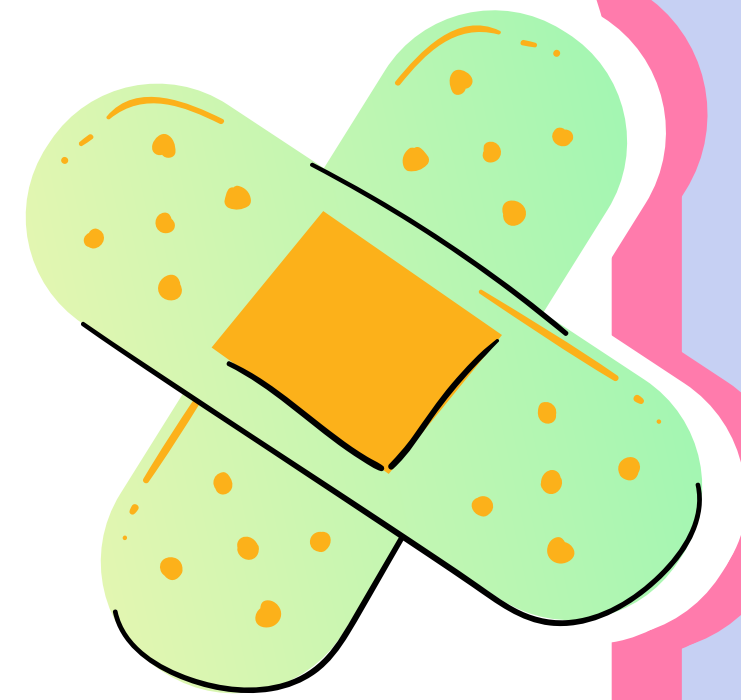


INFLUENZA A INFORMATION



What is Influenza A?

Influenza A (the flu) is a contagious virus that affects the nose, throat, and lungs. It spreads easily from person to person and can cause serious illness.



Common Symptoms

- Fever or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Headache, Muscle or body aches
- Feeling very tired
- Sometimes nausea, vomiting, or diarrhea (more common in children)



How it Spreads

- Coughing, sneezing, or talking
 - Close contact with someone who is sick
 - Touching contaminated surfaces, then touching your eyes, nose, or mouth
- ➔ You can spread the flu before you feel sick and for several days after.

Protect Yourself and Others

Follow these Infection Prevention and Control (IPAC) steps:

- ✓ Get your flu shot every year
- ✓ Clean your hands often with:
 - Soap and water or alcohol-based hand rub
- ✓ Cover coughs and sneezes
- ✓ Avoid close contact with sick people
- ✓ Stay home if you are sick
- ✓ Clean frequently touched surfaces



Who's at Risk?

Some can get very sick from the flu:

- Adults 65 years and older
- Young children
- Pregnant individuals
- People with chronic health conditions
- Residents of long-term care or congregate living settings



When to get Medical Help

Get medical care right away if you have:

- Trouble breathing or chest pain
- A high fever that does not improve
- Confusion or sudden dizziness
- Severe weakness or dehydration
- Symptoms that improve, then suddenly worsen

****Remember****

The flu is not just a bad cold. Vaccination, hand hygiene, and staying home when sick help stop the spread.

