

## FLU AWARENESS: eNewsletter article

### Managing the flu

#### What is the flu?

The flu is an illness caused by the influenza virus. The virus infects your nose, throat and lungs. Most people who get the flu feel better within a week. In some people, the flu may lead to ear or lung infection.

The flu virus passes from person to person. When someone with the flu coughs, sneezes or talks, the virus spreads through the air. You can also get the flu by touching an object with the flu virus on it and then touching your eyes, mouth or nose. If you have the flu, you may pass the virus to someone else before you even start to feel sick. You can spread the flu up to seven days after you become sick.

#### What are flu symptoms?

If you have the flu, you may experience:

- Fatigue and weakness
- Fever and/or chills
- Headaches and/or body aches
- Nausea, vomiting and/or diarrhea
- Runny or stuffy nose
- Sore throat and/or cough

#### What should I do if I get the flu?

- Try to stay home and avoid spreading the flu to others. You should stay home for at least 24 hours after your fever ends
- Drink plenty of water and other clear liquids to prevent dehydration
- Talk to your doctor or pharmacist about taking over-the-counter medications for your symptoms

If you get the flu and have a medical condition such as asthma, diabetes or heart disease, call your doctor right away. The flu may make these conditions worse. You should also contact your doctor if you're very sick or worried about your illness.

**Who should get the flu vaccine?**

Talk to your doctor about the flu vaccine. It's especially important to speak to your doctor about getting the flu vaccine if you are:

- Pregnant
- Younger than 5 years old
- Older than 50 years old
- Diagnosed with certain chronic medical conditions
- Living in a nursing home or long-term care home
- Living with health care workers or children younger than 6 months old

**Does the flu shot treat COVID-19?**

No. The flu shot does not treat or prevent COVID-19.

**Where can I learn more about the flu and the flu shot?**

<https://www.cdc.gov/flu/prevent/>

<https://www.cdc.gov/flu/about/keyfacts.htm>



