

FACT SHEET

Are **you**
protecting
me?

What is influenza (Flu)?

- Influenza is a respiratory virus that can make you feel very ill. It is not a simple cold.
- Symptoms of influenza are sudden onset of cough, generalized body aches, headache, sore throat, fever, nasal congestion, and stuffy nose
- Elderly persons may not develop a fever
- Children may also experience vomiting and diarrhea
- Influenza be passed on to others before symptoms develop

What can I do to protect myself and you?

- Get immunized!
- Clean hands thoroughly and often, especially after using a tissue
- Practice cough etiquette: sneeze into upper sleeve, or cover mouth and nose with a tissue. Discard used tissue and then clean hands
- Stay home when you are sick.

