

# Influenza (flu)

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Influenza is commonly called “the flu”. It can be caused by different viruses. The flu generally occurs in the winter months. Most people who get the flu will feel sick for 5 to 7 days.

## **If you have the flu you may have some or all of these symptoms:**

- cough
- fever
- chills
- sore throat
- vomiting
- runny or stuffy nose
- headache
- muscles aches and pains
- tiredness or weakness
- diarrhea

To help manage your fever and aches, you can use Acetaminophen (Tylenol®) or Ibuprofen (Advil® or Motrin®).

## **To make sure you feel better soon:**

- ✓ Rest.
- ✓ Drink fluids to stay well-hydrated.
- ✓ Stay home for at least 24 hours after your fever is over.
- ✓ Wash your hands often to prevent spreading the flu.

### **When should I get medical help?**

Call your health care provider if you have any of these problems:

- difficulty breathing
- chest pain
- purple or blue lips
- unable to keep fluids down because of vomiting

**If you have any questions or concerns, please call your health care provider.**