

# INFLUENZA (FLU)

## Management Presentation



PROTECT YOURSELF AND  
YOUR LOVED ONES!

# WHAT IS INFLUENZA? (ALSO KNOWN AS THE FLU)

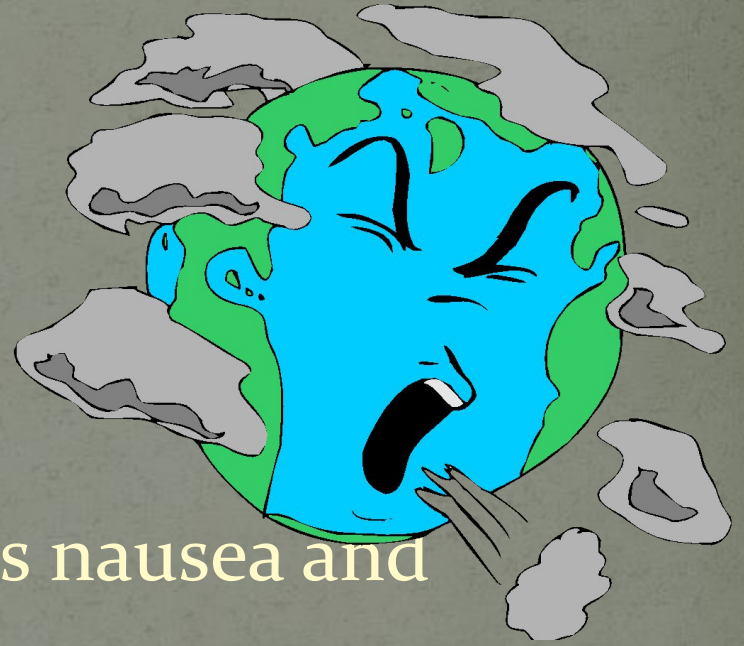
- The flu is a contagious respiratory illness
- It is caused by influenza viruses
- It can cause mild to severe illness and at times can lead to death
- It can be prevented by getting the flu vaccination each year

# Key Facts about the Flu

- Every year in the United States, on average:
  - 5% to 20% of the population are infected with the flu
  - More than 200,000 people are hospitalized from flu complications
  - About 36,000 people die from the flu

# Symptoms of Flu

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms , such as nausea and diarrhea



# Complications of the Flu

- Pneumonia
- Dehydration
- Worsening of medical conditions  
(Asthma, Diabetes, Congestive Heart Failure)

# How the Flu Spreads

- Respiratory droplets caused by coughing and sneezing
- Touching your mouth and nose after touching something with flu viruses on it
- Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick

# How to prevent the Spread of Flu

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*Get Vaccinated!*

*And...*

# Use Respiratory Hygiene/

## Cough Etiquette:

- Cover your nose and mouth with a tissue when coughing and sneezing
- If you do not have tissues available, sneeze into your sleeve, not into your hands
- Use tissues to contain respiratory secretions; dispose of tissues after use
- Perform hand hygiene after contact with respiratory secretions
- Sit at least 3 feet away from others if you are coughing or sneezing



# The Flu Shot

- The flu shot contains inactivated (killed) virus
- Two weeks after vaccination, antibodies develop that protect against influenza virus infection.

