What is influenza?
- Influenza is a respiratory illness caused by the influenza virus.

Who gets influenza?
- Anyone can get influenza. Most healthy individuals will have a mild illness. People who are at a higher risk for more serious symptoms are children younger than 5 years old, pregnant women, adults older than 65 years old, people who have medical conditions such as asthma, chronic lung disease, heart disease, kidney disease, blood disorders, diabetes and people with weakened immune systems.

What are the symptoms of influenza?
- The symptoms of influenza or the flu can include: fever, cough, body aches, headaches, tiredness and sometimes vomiting or diarrhea.

How is influenza spread?
- Influenza is spread through droplets when someone is coughing, sneezing or even talking. It is possible to spread flu 24 hours before symptoms occur. Flu can also be contagious five to seven days after someone is sick. It is very important to practice good hand and cough hygiene.

How is influenza diagnosed?
- Influenza can be diagnosed by a physician through a positive test for the influenza virus.

What is the treatment for influenza?
- For most healthy individuals anti-viral treatment is not necessary and people will recover on their own. For those who are at high risk for complications there are anti-viral medications.

Is there a vaccine for influenza?
- There is a vaccine for influenza. Public Health recommends everyone over the age of 6 months be vaccinated.

What can be done to prevent the spread of influenza?
- The most effective prevention for influenza is vaccination.
- If you are sick with the flu stay home until 24 hours after the fever is gone without the use of fever-reducing medication.
- Wash hands frequently.
- Cover your cough and sneezes.

More information on influenza: www.cdc.gov/flu