Genesee County Health Department
Your Health. Our Work.

Influenza (Flu) - Seasonal

www.GCHD.us

What is influenza?

- An infection of the respiratory tract caused by one of several viruses

What are symptoms that could occur?

The flu usually comes on suddenly and may include these symptoms:

- Fever (usually high)
- Sore throat and dry cough
- Fatigue
- Headache and chills
- Loss of appetite
- Muscle aches and joint pain
- Can be prevented through annual immunization

How is it spread?

- Airborne droplets such as by coughing and sneezing
- Direct contact with an infected person's nose and throat discharges
- Adults may be contagious from 1 day **before** developing symptoms to up to 7 days **after**
- You CANNOT become infected by receiving the influenza vaccine

How is it diagnosed and treated?

- Primary care provider and laboratory testing
- Treatment with antiviral may lessen symptoms
- Other treatment is aimed at individual symptoms

Are there complications?

- Flu can be life threatening
- Some may develop pneumonia
- High risk groups include: children under the age of 2, pregnant women, adults over 65, and those who have chronic diseases such as cancer, heart disease, HIV, diabetes, and/or asthma

How can I prevent flu?

- Cover your mouth and nose with a disposable tissue when coughing and sneezing
- Wash your hands often with soap and warm water
- Avoid touching your eyes, nose or mouth
- Best way to prevent flu is to get vaccinated each Fall

Should the sick individual be isolated?

- Yes. Stay home and away from other people

When can the individual return to the general population?

- Individual may return when they are fever-free for 24 hours without medication and the individual feels well

Should facilities do special cleaning?

- Special cleaning is not necessary. Routine cleaning with EPA approved products is recommended

If I have any other questions, whom can I contact?

- Call the Genesee County Health Department, 257-1017