

INFLUENZA (FLU)



WHAT IS INFLUENZA?

Influenza is a contagious disease caused by different viruses that affect the respiratory system of the body. Influenza virus are transmitted through the droplets that come out of the mouth when coughing, sneezing and speaking.



SYMPTOM

The symptoms of influenza are:

- Fever
- Throat pain
- Muscular and body pain
- Head pain
- Dry cough
- Sneezing
- Secretion or stuffy nose
- Extreme tiredness (fatigue)

You may have one or more of these symptoms.

COMPLICATIONS

Some complications of influenza are:

- Pneumonia
- Bronchitis
- Dehydration

People with chronic conditions (asthma, diabetes, heart failure) are more susceptible to suffer serious complications.

RECOMMENDATIONS TO RELIEF SYMPTOMS

- You can use acetaminophen for fever.
- Make use of antiviral medications (fight the virus), according to medical recommendation.
- Rest and stay at home.
- Consume liquids.

Consult your doctor before using any medication.

VACCINE AGAINST INFLUENZA



PREVENTIVE MEASURES

- You can get the vaccine from 6 months of age and then annually. Vaccination is the best protection against influenza.
- Wash your hands with soap and water.
- Cover your cough or sneeze with your forearm or a disposable paper towel.
- Disinfects surfaces.
- Check with you doctor prior to administrate the vaccine.

Get vaccinated annually!

WHEN IS THE BEST TIME TO RECEIVE THE VACCINE?

The influenza vaccine can decrease greatly measure the possibility of getting sick.

- The best time to get vaccinated is between the months of September and November.
- To develop protection against the infection of the virus of the influenza will take about one or two weeks.

Most people get the influenza at the end of December until the beginning of March.

HOW IS INFLUENZA TREATED?

- Rest in bed and consume liquids.
- Take an analgesic such as acetaminophen to relieve fever and malaise, as recommended medical.
- If symptoms persist, consult your doctor.

WHO SHOULD BE VACCINATED?

Every person from of the 6 months of age, especially persons in high risk group.

The following groups have one more risk for influenza to become one serious illness and should receive the vaccine every year:

- People over 65 years.
- Residents of homes or centers of activities day.
- Adults and children who have chronic diseases, as: heart, lung, diabetes, kidney or severe forms of anemias.
- People who care for or live with someone from high-risk groups.

ASK YOUR DOCTOR ABOUT THE INFLUENZA VACCINE.