What is the flu?
- The flu (or influenza) is caused by a virus
- The virus infects the lining of the tubes which carry air to the lungs
- It is not usually dangerous, but in a small number of cases, the flu can lead to bacterial infections or severe pneumonia

Can I prevent the flu?
- You can lower the chances of getting the flu by:
    - Getting a yearly flu vaccine
    - Washing your hands regularly with soap and warm water or hand sanitizer
    - Maintain good health
    - Don't smoke

What are the symptoms?
- Muscle aches
- Fever and chills
- Headache
- Dry cough
- Weakness

What if I have the flu?
- Rest!
- Drink a lot of clear fluids
- Take ibuprofen, acetaminophen, or aspirin to reduce pain and/or fever
- A cool bath may relieve the fever
- Inhale warm steam or try an over-the-counter medication to suppress coughing
- Gargle with salt water, suck on ice cubs or lozenges, or drink hot water with lemon and honey for a sore throat
- Don't smoke
- See your health care provider

Call your physician if you have:
- Shaking chills
- A high fever that lasts more than 3 – 5 days
- Symptoms that don't get better after 7 days, or get worse again after improving
- A severe headache, especially if it is associated with neck stiffness
- Dark urine
- Severe muscle pain
- Wheezing or difficulty breathing beyond a typical cough