

# Influenza Disease

## What is influenza disease?

- Influenza (flu) is a contagious respiratory illness caused by a virus. □ The virus infects the nose, throat, and lungs.
- It can cause mild to severe illness, hospitalization, and even death.

## What are the symptoms?

- Anyone can get flu and it strikes suddenly and can last several days.
- Symptoms of flu disease may include:
  - Fever or feeling Headaches
  - Muscle or body aches feverish/chills
  - Cough
  - Fatigue (very tired)
  - Sore throat
  - Vomiting and diarrhea
  - Runny or stuffy nose

## How does influenza disease spread?

- Flu is spread by:
  - An infected person's droplets from cough, sneeze or talk enter the mouth, eye or nose.
  - Touching a surface or object with flu virus on it and then touching mouth, eyes or nose.
- An infected person can infect others 1 day before symptoms start and up to 5 to 7 days after symptoms start.
- Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

## How do I prevent the flu?

- Get a yearly flu vaccine.
- Wash your hands properly and often.
- Cover your cough and sneeze with arm.
- Clean and sterilize surfaces.
- Stay home if you are sick.

## Where can I find more information?

- Ask your doctor.
- Call the Alabama Department of Public Health, Immunization Division, at 1800-469-4599.
- Go to [cdc.gov](http://cdc.gov) and type influenza in the SEARCH box.

## Influenza Vaccine

### Who should get the influenza (flu) vaccine?

- The flu vaccine is recommended every year for everyone age 6 months or older.

### Who should be vaccinated against influenza because they are at increased risk?

- Children 6 months of age through 5 years Adults 65 years of age or older
- Pregnant women
- Residents of nursing homes and other long-term care facilities □ People who have medical conditions including the following:
  - Asthma ○ Weakened immune systems
  - Chronic lung disease due to disease or medication ○ Heart disease (such as HIV/AIDS or cancer)
  - Blood disorders (such as sickle cell ○ People younger than 19 years disease) of age who are receiving long-
  - Kidney disorders term aspirin therapy
  - Liver disorders ○ People with extreme obesity

### What are the common vaccine side effects and risks?

- Flu vaccines are safe, but some side effects can occur.
- Minor problems following the flu vaccine include soreness, redness, and/or swelling from the shot, hoarseness, sore, red or itchy eyes, cough, fever, aches, headache, itching, and fatigue.
- More serious problems may include Guillain-Barré syndrome (GBS) in fewer than 1 or 2 cases per one million people vaccinated, children receiving multiple vaccines slightly increase in fever with seizure.
- People who should not get the flu vaccine include anyone with severe, life threatening allergies, had GBS before, or not feeling well the day of vaccination.

### Where can I find more information?

- Ask your doctor.
- Ask you school nurse.
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- Go to [cdc.gov](http://cdc.gov) and type influenza in the SEARCH box.