



What is it?

- A highly contagious respiratory infection.
- Caused by a virus (changes into different strains each year)
- Occurs most often in the winter months.
- Most serious in the elderly, in people with chronic illnesses, and in those with weak immune systems.
- They may develop pneumonia.

What are the symptoms?

- Fever
- Runny nose
- Sore throat
- Cough (severe and lingers)
- Headaches
- Muscle aches/pains
- Extreme weakness

How quickly do symptoms develop?

- Usually within 1-3 days

How is it spread?

- Through contact with droplets from the nose and throat of an infected person; e.g. coughing/sneezing.
- Through contact with contaminated surfaces; e.g. hands, tissues.

How long is it contagious?

- 3-5 days from start of symptoms in adults.
- Up to 7 days in young children. During this time your child should not attend school or daycare.

How is it treated?

- Bed rest.
- Drink lots of fluids.
- Call your doctor if symptoms do not improve.
- When influenza type A occurs, a prescription drug may be ordered for certain individuals.
- Do not give children aspirin as it increases the risk of Reye Syndrome.

What can you do?

- Wash hands frequently.
- Discard tissues in garbage.
- Cover your mouth when coughing and sneezing.
- Avoid crowds in enclosed spaces.

Get a flu shot each year; this is the BEST PROTECTION against influenza.

Whom should I talk to if I have any questions?

Communicable Disease Control, Algoma Public Health at (705) 942-4646, www.algomapublichealth.com, or your health care provider.