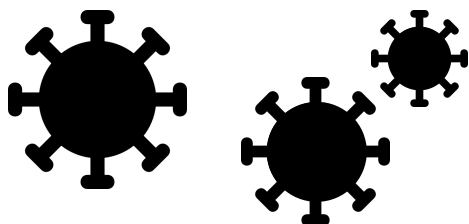
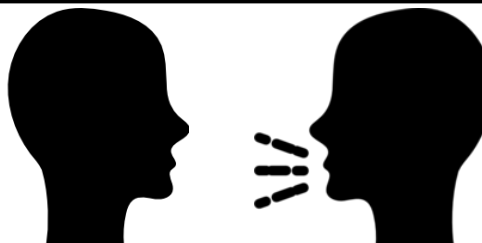


Influenza (Flu)

Fact Sheet



Influenza, commonly called "flu," is caused by influenza viruses that infect the nose, throat, and lungs. Flu can cause severe illness and life-threatening complications for certain people.



Flu spreads from person-to-person, usually by coughing or sneezing. It is possible to get flu from touching a surface that has the flu virus on it, and then touching your mouth or nose.

Common Symptoms



Fever



Dry Cough



Sore Throat



Headache



Muscle Aches
and Pains



Feeling Very Tired

Symptoms of flu include fever, dry cough, sore throat, headache, muscle aches and pains, runny or stuffy nose, and feeling very tired. Children can have additional symptoms such as nausea, vomiting, and diarrhea. Symptoms usually begin one to four days after exposure, with an average of two days.



Talk to your doctor if you think you have flu. Antiviral drugs may be a treatment option and work best when they are started within two days of getting sick.

Preventing Flu

Maine CDC recommends the "No Flu 4 You" approach:



Get a yearly flu vaccine



Wash your hands with soap and water



Stay home when you are sick



Cover your cough

1. Get the Flu Vaccine Every Year

- This is the single best way to prevent flu.
- You are protected against flu about two weeks after getting the vaccine.
- There are many strains of flu viruses and they change each year. This is why it is important to get the flu vaccine each year.

2. Wash Your Hands

- Flu viruses can live on hard surfaces for between two to eight hours.

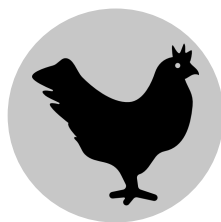
3. Stay Home When You Are Sick

- Most healthy adults can make others sick from one day before to five days after they have symptoms.

4. Cover Your Cough

- When a person with flu coughs or sneezes, the droplets can land on the mouth or nose of others.

Novel Flu



- Novel flu refers to strains of flu that are different from human seasonal flu viruses.
- Novel flu viruses do not normally infect humans, but sporadic human infections can occur.
- Novel flu spreads from animals to humans. Most cases of novel flu occur from contact with pigs or birds.
- Symptoms of novel flu are similar to seasonal flu, but eye irritation is more common.

For More Information, Visit:



1. www.maine flu.gov
2. www.cdc.gov/flu

You can also call Maine CDC at 1-800-821-5821.