



## INFLUENZA (Flu)

### Description:

The flu usually comes on suddenly and may include these symptoms:

- Fever (usually high)
- Sore throat and dry cough
- Fatigue
- Headache and chills
- Loss of appetite
- Muscle aches and joint pain
- Can be prevented through annual immunization

### Cause:

- Virus
- Spread by coughing and sneezing and direct contact with an infected person's nose and throat discharges.

### What to expect:

- Illness may last a few days but sometimes longer
- Usually occurs during the influenza season of November through April each year

### Is it contagious?

- Yes!
- Disease signs usually appear 1 – 3 days after exposure
- Adults may be contagious from 1 day **before** developing symptoms to up to 7 days **after** getting sick. Children can be contagious for longer than 7 days

### How is it diagnosed and treated?

- Physician evaluation
- Treatment with antiviral may lessen symptoms. Other treatment is aimed at individual symptoms

### Should the sick child be isolated?

- Yes. Stay home and away from other people

### When can the child return to day care or school?

- The child may return when they are fever free and the child feels well, minimum of 3 days

Genesee County Health Department  
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Flint, Michigan 48502  
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**Preventing the spread of flu**

- Cover your mouth and nose with a disposable tissue when coughing and sneezing.
- Wash your hands often with soap and warm water.
- Avoid touching your eyes, nose or mouth.
- Best way to prevent flu is to get vaccinated each fall.

**If I have any other questions, whom can I contact?**

- Call the Genesee County Health Department, 257-3612

This fact sheet is for information only and is not meant to be used for self diagnosis or as a substitute for consultation with a health care provider. For more information, call your health care provider.

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