

## FACTS ABOUT INFLUENZA

*Call us First,...*

Influenza (flu) is a respiratory illness that is caused by an influenza virus. Influenza may cause mild to severe illness in some children. The best way to prevent your child and family from these viruses is to receive the annual flu vaccination.

### *Is It the Flu or a Cold?*

| <u>Signs &amp; Symptoms</u>         | <u>Flu</u>                      | <u>Cold</u>          |
|-------------------------------------|---------------------------------|----------------------|
| <i>Onset:</i>                       | <i>Sudden</i>                   | <i>Gradual</i>       |
| <i>Fever:</i>                       | <i>Common, lasting 3-4 days</i> | <i>Rare</i>          |
| <i>Cough:</i>                       | <i>Dry, can become severe</i>   | <i>Hacking, mild</i> |
| <i>Muscle / Joint Aches / Pain:</i> | <i>Usual, some severe</i>       | <i>Slight</i>        |
| <i>Fatigue and Weakness:</i>        | <i>Can last up to 2 weeks</i>   | <i>Mild</i>          |
| <i>Extreme Exhaustion:</i>          | <i>Early and prominent</i>      | <i>Never</i>         |
| <i>Chest Discomfort:</i>            | <i>Common</i>                   | <i>Mild/Moderate</i> |
| <i>Congestion:</i>                  | <i>Sometimes</i>                | <i>Common</i>        |
| <i>Sneezing:</i>                    | <i>Sometimes</i>                | <i>Usually</i>       |
| <i>Sore Throat:</i>                 | <i>Sometimes</i>                | <i>Common</i>        |
| <i>Vomiting and Diarrhea:</i>       | <i>Rare</i>                     | <i>Never</i>         |

- The incubation period for the influenza virus may be from 1-7 days
- Droplets from an infected individual spread the Influenza virus by a cough, sneeze or mucus
- These viruses can last on surfaces for hours and still infect others.
- It is important to wash hands consistently throughout the season to reduce your chances for infection
- Contagiousness for the influenza virus starts one day prior to the onset of symptoms until the resolution
- The influenza virus typically lasts 7-14 days

**If your child is experiencing an immediate, life-threatening emergency, call 911 or go to an Emergency Room.**