



What is the Flu?

- ❖ The flu is a contagious disease caused by different strains of the influenza virus that can lead to hospitalization or even death.
- ❖ The flu is spread through droplets passed when people sneeze, cough, talk, or even sharing food and drinks.

How is it Spread?

What are the symptoms?

- ❖ FEVER/CHILLS
- ❖ COUGH
- ❖ SORE THROAT
- ❖ HEADACHES/BODY ACHE
- ❖ FATIGUE
- ❖ POSSIBLE VOMITING, DIARRHEA

The Flu and Infection Control

As flu season approaches, it is important to know what it is, how to identify it, and how to prevent it!

STOP

the SPREAD

MYTH BUSTER

Don't let the myths fool you!

There are circulating myths about the flu...

And the vaccine that prevents it.

TAKE ACTION

MYTH #1 Vaccinations Cause Flu

Vaccines only contain dead viruses, preventing the vaccine from infecting you. If you experience symptoms similar to the flu after receiving the vaccine, you may be experiencing side effects or the common cold.

MYTH #2 Seasonal Flu is harmless

Although common, the seasonal flu can cause serious illness. The symptoms are discomforting and 200,000 hospitalizations occur each year due to the flu.

MYTH #3 Antibiotics treat the flu

Antibiotics treat bacterial infections, whereas a virus causes the flu. Two antiviral medications, Tamiflu and Relenza, can help fight the flu if taken within 48 hours of symptoms.

MYTH #4 The stomach and Seasonal flu is the same-

The stomach flu is a gastrointestinal virus as opposed to the seasonal flu which is a respiratory infection. If you experience vomiting and diarrhea in the absence of fever and body ache, you may be experiencing the stomach flu.

MYTH #5 Cold Weather Causes the Flu-

Although the flu occurs during the colder seasons, cold weather does not create a higher risk factor. The season is based upon the natural life cycle of the virus.

MYTH #6 No Need to get vaccinated after November-

The number of flu cases peaks in the months of February and late March. The flu vaccine is available through the month of January.

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