

FLU

Abrupt

Usual

Usual

Fairly common

Usual

Sometimes

Common

Sometimes

Sometimes

Common

#FIGHT FLU

Influenza (Flu) and Respiratory Syncytial Virus (RSV) are causing many people to become ill with limited treatments available. High occurrences of Flu and RSV are filling hospitals and shutting down schools. The spread of these viruses occur directly when respiratory droplets from people coughing and sneezing come in contact with and infect people nearby, or indirectly through transmission of touching surfaces. Knowing how to prevent these viruses can be a crucial part of being healthy.

except to get medical care!

COLD

Gradual

Rare

Slight

Uncommon

Sometimes

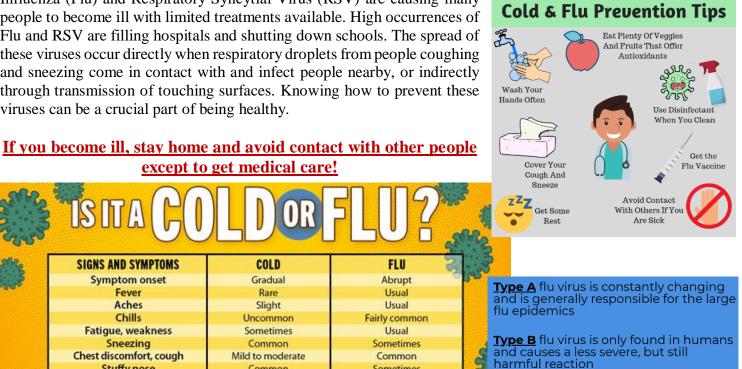
Common

Mild to moderate

Common

Common

Rare



Type C flu virus is milder than types A and B as it is less harmful to humans and does not cause epidemics



SIGNS AND SYMPTOMS

Symptom onset

Fever

Aches

Chills

Fatigue, weakness

Sneezing

Chest discomfort, cough

Stuffy nose

Sore throat

Headache

So far this season, the CDC estimates there have been at least 19 million cases of Influenza (flu) with 180,000 hospitalizations and 10,000 deaths. The flu virus infects the respiratory tract (throat, lungs, and nose) which triggers the body's immune system to respond. The immune system response creates inflammation that causes symptoms such as cough, sore throat, fever, and muscle/body aches. Both influenza A and B viruses can survive for 24-48 hours on hard, nonporous surfaces.

CDC

Respiratory syncytial virus (RSV) is a very contagious virus that affects the lungs and breathing. Signs and symptoms of RSV appear four to six days after exposure to the virus. Diagnosis of over 2 million children under the age of 5 occurs each year and infants are most severely affected. RSV can survive on hands for at least 30 minutes and several hours on infected surfaces.

In the event of any severe illness and onset of the following emergency warning signs, seek medical care immediately. These signs are difficulty breathing, chest pain, severe muscle pain/weakness, not urinating, seizures, inability to arouse or not being alert. Additionally, for children,

watch for fever above 104°F (in children less than 12 weeks, any fever at all), ribs pulling in with each breath, or bluish lips or face.

Sources and additional information: https://www.cdc.gov/rsv/about/index.html https://www.cdc.gov/flu/season/index.html https://www.ncbi.nlm.nih.gov/pubmed/6282993 https://www.cdc.gov/dotw/flu/index.html https://www.mayoclinic.org/diseases-conditions/respiratory-syncytial-virus/symptoms-causes/syc-20353098