

# INFLUENZA

**A viral illness of the nose, throat, and lungs that easily spreads to others**



**Flu-related deaths reported in 2018-19**

## SYMPTOMS

(can last for 10 days)

- Fever, chills
- Cough
- Sore throat
- Headaches
- Runny or stuffy nose
- Muscle, body aches
- Vomiting and diarrhea



## COMPLICATIONS

- Lung infection (pneumonia)
- Ear infection
- Sinus infection
- Can worsen conditions like congestive heart failure, asthma, or diabetes
- Death



## TREATMENT

- Prescription medicines can lessen flu symptoms and shorten recovery times.
- Many patients demand antibiotics, which don't work in treating flu.

## BE WISE – IMMUNIZE

- An annual flu shot can reduce the risk of getting flu or make it less severe, especially for young children, the elderly, pregnant women, and people with long-term illnesses.
- Anyone 6 months or older should get the vaccination each year.



Be Wise – Immunize™  
Physicians Caring for Texans

Sources: Centers for Disease Control and Prevention; *The New England Journal of Medicine*

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