



Fact Sheet: Flu (Influenza)

What is influenza?

It is a disease caused by a virus that infects the respiratory tract, and is commonly called “the flu”. Compared with most other viral respiratory infections, such as the common cold, influenza infection often causes a more severe illness.

How is it spread?

Viruses that cause flu are spread by direct contact with respiratory droplets (i.e., coughing and sneezing). Flu viruses enter the body through the mucous membranes of the eyes, nose or mouth. Those at highest risk for infection live in densely populated areas, are in crowded living situations, or attend school.

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.

What is the treatment?

- Get plenty of rest.
- Drink plenty of fluids to prevent dehydration (i.e., water, juice, and tea).
- Take non-aspirin medication for fever and body aches.

Centers for Disease Control & Prevention at: www.cdc.gov

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