



INFLUENZA

Influenza, commonly called the flu, is a contagious viral infection that affects the respiratory system. The flu is a sudden and sometimes deadly virus. This virus is airborne and is spread by a cough, a sneeze, talking to someone infected, or touching an infected surface. A person is most contagious within the first 3-4 days of contraction. To help prevent the spread of the flu it is important to always wash your hands, contain your coughs and sneezes, avoid crowds when sick, and get your seasonal flu vaccine.

COMMONS SYMPTOMS

- Sore throat
- Fatigue and weakness.
- Fever over 100.4 F
- Headache
- Aching muscles
- Fatigue
- Dry cough
- Chills and sweats

ALARMING SYMPTOMS

- Difficulty breathing
- Bluish skin color
- Pain or pressure in the chest
- Fever with a rash
- Confusion
- Severe or persistent vomiting
- Not waking up or interacting

Influenza virus is constantly and rapidly changing. If you had the flu in the past you are protected from that strand. Once exposed to influenza your body makes antibodies to fight that particular strand in the future, but that does not protect you from the many strands out there.

It is very important to get the flu shot yearly to help protect your from the most prominent strand

COMPLICATIONS

Pneumonia
Inflammation of the heart or brain
Sinus and ear infection
Bronchitis
Respiratory or kidney failure
Sepsis

RISK FACTORS

Age (<5 and >65 years old)
Weakened immune system
Chronic illness
Pregnancy
Obesity (BMI of 40 or higher)
Living or working conditions

TREATMENT

Plenty of rest
Plenty of fluids
Take pain relievers for muscle aches
Tamiflu by mouth (if caught early)
Relenza inhalation (if caught early)

VACCINATIONS

high dose injection (ages 65 and older)
injection (ages 6 months and older)
Live/nasal (ages 2-49)
Quadrivalent influenza (ages 3 and older)
Intradermal influenza (ages 18-64)
Jet injector (ages 18-64)
Cell-based (ages 18 and older)
Adjuvanted (ages 18 and older)

REFERENCES

<https://www.cdc.gov/flu/about/qa/testing.htm>

<https://www.mayoclinic.org/diseases-conditions/flu/diagnosis-treatment/drc-20351725>

<https://www.cdc.gov/flu/vaccines/index.htm>