

# THE FLU

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The flu is an infection of the nose, throat, and (sometimes) lungs. Close living quarters, communal restrooms, and many social activities mean a greater chance of catching the flu.

## **SYMPTOMS:**

- Chills, sore muscles, and headache
- Runny nose
- Fatigue
- Fever of 100°F or higher
- Sore throat or cough
- Diarrhea and vomiting

Most people with milder symptoms should feel better within 3 to 4 days.

**Call Norton Medical Center at 508-286-5400** if you aren't feeling better after 48-72 hrs.

## **CARE:**

- **Rest**
- **Acetaminophen (Tylenol) and ibuprofen (Advil, Motrin)** help lower fever. Sometimes doctors advise you to use both types of medicine: Take Acetaminophen every 4 - 6 hours. Take Ibuprofen every 6 - 8 hours.
- Do NOT use aspirin.
- A fever does not need to come all the way down to normal. Most people will feel better when their temperature drops by even one degree.
- **Avoid contact** with other people and **drink plenty of fluids** (8 cups of fluid/day) if you are experiencing any of the symptoms above.
- **Throat lozenges** or sprays that contain an anesthetic will help with your sore throat.
- You should be able to return to class when you're feeling well and have not had a fever for 24 hours (without taking any medicine to lower your fever).

## **AVOID SPREADING THE FLU:**

- **Stay in your room** or home for at least 24 hours after any fever is gone. Wear a mask.
- **Avoid sharing** food, utensils, cups, or bottles.
- **Cover your cough** with a tissue. Dispose of the tissue promptly. Cough into your sleeve if a tissue is not available and avoid touching your eyes, nose, and mouth.
- Use alcohol-based **hand sanitizer** often and always after touching your face.

## **CALL 911 RIGHT AWAY IF YOU EXPERIENCE ANY OF THE FOLLOWING:**

- Difficulty breathing or shortness of breath
- Chest pain or abdominal pain
- Sudden dizziness or confusion
- Severe vomiting or vomiting that doesn't go away
- Flu-like symptoms improve but then return with fever and worsening cough