

What You Need to Know About Influenza (Flu)

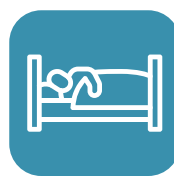
What is influenza?



Influenza, commonly called “the flu,” is a disease caused by the influenza virus. This virus is passed from person to person by contact with droplets made when a person with the flu coughs or sneezes. You can catch the flu any time of the year, but most cases of flu tend to occur between October and May.

How do I treat the flu?

Most people who get the flu will recover in a few days to less than two weeks with rest, fluids, and over the counter medications to manage the symptoms. If you get sick with the flu, check with a doctor to see if influenza antiviral drugs may be helpful for you.



What are the symptoms of the flu?



fever*
or feeling
feverish/chills



muscle or
body aches



cough



headaches



sore throat



fatigue
(tiredness)



runny or
stuffy nose



vomiting
& diarrhea
*(this is more common
in children than adults)*

**It's important to note that not everyone with the flu will have a fever.*

How can I prevent the flu?

The best way to prevent the flu is to get your annual flu shot!

DC Health recommends a yearly seasonal flu vaccine as the first and most important step in protecting yourself against influenza viruses.

Call your doctor's office or find a health provider to get the vaccine as soon as possible. It is best to get the vaccine by the end of October, but you can get it anytime between September and June.

**For additional information
about Influenza,
please visit the CDC website:
[cdc.gov/flu](https://www.cdc.gov/flu)**

Influenza (Flu)

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THERE ARE EVERYDAY ACTIONS YOU CAN TAKE TO STOP THE SPREAD OF INFLUENZA!

- ▶ Try to **avoid close contact** with sick people.
- ▶ While sick, **limit contact with others** as much as possible with others to keep from spreading the virus to them.
- ▶ If you are sick with flu-like illness, please **stay home for at least 24 hours after your fever is gone** (*without the use of fever-reducing medications*) except to get medical care or for other necessities.
- ▶ **Cover your nose and mouth with a tissue when you cough or sneeze.** Throw the tissue in the trash after you use it.
- ▶ **Wash your hands often with soap and water.** If soap and water are not available, use an alcohol-based hand rub.
- ▶ **Clean and disinfect surfaces and objects** that may be contaminated with germs like the flu.
- ▶ **Avoid touching your eyes, nose, and mouth.** Germs spread this way.



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DC Health Mission: The District of Columbia Department of Health promotes health, wellness and equity across the District, and protects the safety of residents, visitors and those doing business in our nation's capital.

For more information about DC Health, including additional services, partnership opportunities, and for additional languages, call (202) 442-5955 or visit dchealth.dc.gov. For information on any District Government program, call 311.

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