

Flu Facts For Families

What Causes the Flu?

The flu is caused by influenza viruses that infect the nose, throat, and lungs. These viruses spread when people with flu cough, sneeze or talk, sending droplets with the virus into the air and potentially into the mouths or noses of people who are nearby.

Symptoms of the Flu:

- Sudden onset of high fever
- Headache, muscle aches and joint pain
- Cough (usually dry)
- Chills
- Sore throat
- Nasal congestion and runny nose
- Fatigue
- Stomach symptoms such as nausea, vomiting or diarrhea may occur but are more common in children than adults.

Reduce Your Flu Risk

Take Action: 4 Ways to Reduce Your Flu Risk

1. Get a flu shot
2. Wash your hands
3. Get prompt medical attention if you develop flu symptoms
4. Keep your distance when you're sick or if you're around someone who is sick.

Additional Flu Resources:

<https://www.mass.gov/files/documents/2016/07/xb/flu-symptom-check-list.pdf>

<https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/influenza/symptoms-causes-and-risk.html>

https://www.cdc.gov/flu/prevent/index.html?s_cid=PN-NCIRD-Flu-OY4FightFlu-AW-Search-4-Alert&gclid=Cj0KCQjw_5rtBRDxARIsAJfxvYCNeVGARIE4WnAhbc4yLQn0Dh0FGu5q18CP7Huk9IZsozJD2tUZPWAAaAi6tEALw_wcB