



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance specialists at Deutsch & Associates, LLC

*The flu is an infection of the respiratory tract that is caused by the influenza virus.*

## INFLUENZA: FACTS ABOUT THE FLU

Most people experience several bouts of influenza throughout their lifetime. According to the Centers for Disease Control and Prevention (CDC), even otherwise healthy people get sick enough to require hospitalization from influenza each year.

### Influenza

The flu is an infection of the respiratory tract that is caused by the influenza virus. It is spread mainly through airborne transmission, when an infected person sneezes, coughs or speaks. A person can infect others one day before having flu symptoms and up to five days after becoming ill.

### Flu Symptoms

Influenza is most often associated with the sudden onset of fever, headache, fatigue, muscle aches, congestion, cough and sore throat. Most people recover within a few days to less than two weeks. Occasionally, complications such as pneumonia, bronchitis or other infections can occur.

### Prevention

The flu vaccine is your best chance of preventing the illness. Currently, the CDC recommends that anyone over 6 months of age receive an annual flu vaccine. In addition, those at high risk for flu complications (young children, pregnant women, people with certain chronic conditions and those 65 years or older) are highly recommended to get the vaccine each year.

**Other prevention tips include:**

- Avoid close contact with people who are sick and stay away from others when you feel under the weather.
- Cover your mouth and nose when coughing or sneezing.
- Wash your hands often to protect against germs.
- Avoid touching your eyes, nose and mouth.
- Get plenty of sleep, stay physically active, manage your stress and eat a nutritious diet to help your body fight off disease.

### If You Get Sick

If you get the flu, stay home from work to avoid spreading the illness. The flu is generally manageable with rest and over-the-counter medicine. If your symptoms are severe, your doctor can prescribe antiviral drugs to treat them. However, be sure to seek immediate medical attention if you display any of these warning signs:

- Difficulty breathing
- Pain or pressure in chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and worse cough