



3-2006

March 2006: Influenza

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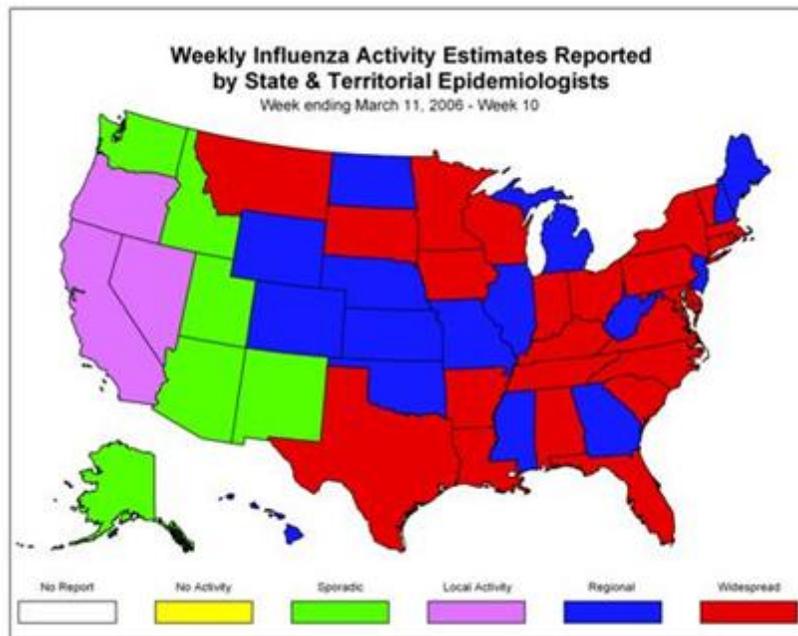
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Government Documents at Dacus Library

Influenza 2005-2006

The Centers For Disease Control and Prevention (CDC) states that influenza activity in the United States has increased during the month of March showing widespread outbreak in South Carolina.



You can help protect yourself from the flu by knowing the facts and taking certain precautions.

Know the Symptoms

According to CDC, common flu symptoms include:

- Fever (usually high)
- Headache
- Tiredness (can be extreme)
- Cough
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting (more common among children than adults)

- Sore throat

Having these symptoms does not always mean that you have the flu. Many different illnesses, including the common cold, can have similar symptoms.

Realize How the Flu Spreads

The flu usually spreads from person to person in respiratory droplets when people who are infected cough or sneeze. People occasionally may become infected by touching something with influenza virus on it and then touching their mouth, nose, or eyes.

Healthy adults may be able to infect others **1 day before** getting symptoms and up to **5 days after** getting sick. Therefore, it is possible to give someone the flu before you know you are sick as well as while you are sick.

Seek Treatment Early

Treatment includes antiviral medication prescribed by a doctor. At this time, there are four antiviral drugs which are approved for treatment of the flu. The treatment lasts for 5 days and must be started within 2 days of illness, so seek medical care early.

It's always important to get plenty of rest, drink a lot of liquids, and avoid using alcohol and tobacco. Also, you can take medications such as acetaminophen (e.g., Tylenol®) to relieve the fever and muscle aches associated with the flu. **Never give aspirin to children or teenagers who have flu-like symptoms, particularly fever.**

Be Informed

For more information about influenza in the United States, visit your Government Documents Department located on the second floor of Dacus Library. Also search the following Federal Government websites:

For detailed information about influenza including weekly surveillance data from 1997 through the present, visit the CDC website <http://www.cdc.gov/flu/>.

For information about Avian and Pandemic Flu, visit pandemicflu.gov at <http://pandemicflu.gov> .

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