Influenza, Adult

Influenza (flu) is a respiratory illness that is caused by a virus. It spreads easily. It causes chills, fever, dry and hacking cough, headache, body aches and sore throat. This illness will not respond to *antibiotics*. Antibiotics are medicines that kill bacteria, not viruses.

HOME CARE

- Only take medicines as directed by your doctor.
- **Do not** take or give Aspirin to young adults that are under the age of 18.
- Rest.
- Drink fluids. This includes water, juice, broth, gelatin or lemonade.
- Wash your hands often. This will stop the flu from spreading to others. Do this after you blow your nose, after you go to the bathroom and before you touch food.

GET HELP IF:

- You have shortness of breath while resting.
- You have pain or pressure in the chest or belly (stomach).
- You feel dizzy all of a sudden.
- You feel confused.

GET HELP RIGHT AWAY IF:

- You have a hard time breathing.
- Your skin or nails become bluish in color.
- You get a bad neck pain or stiffness.
- You get a bad headache, face pain or earache.
- You get a high fever above 102° F (38.9° C) that is not controlled with medicine or lasts more than 3 days.
- You throw up a lot and often.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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