

# Influenza

## Information for the Public

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### What are the symptoms of the flu?

Fever, chills, feeling very tired, body aches, sore throat, and headache are common symptoms of flu. Not everyone with flu will have a fever. The flu can cause mild to severe illness. The flu is different from a cold. The flu usually comes on suddenly.

### How does the flu spread?

Flu spreads from person to person through coughs and sneezes.

### If I got the flu or the flu vaccine last year, is that good enough?

Vaccination every year is recommended regardless of past vaccination or flu infection.

### Does the flu have complications?

Yes. Complications include pneumonia, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. Children may get sinus problems and ear infections as complications from the flu.

### How do I find out if I have the flu?

There are tests available to diagnose flu, but not everybody needs to be tested. During an outbreak, if a few people test positive for flu, then the outbreak is probably due to flu.

### How soon will I get sick if I am exposed to the flu?

It takes about 1 to 4 days to get sick after you are exposed to flu. The average is about 2 days.

### How long is a person with flu virus contagious?

Most healthy adults can spread flu to others from 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Children may spread the virus for longer than 7 days.

### Can the flu be treated?

Yes. There are influenza antiviral drugs that can be used to treat flu illness. People with severe flu illness or people with underlying disease should talk to their doctor about these antiviral drugs.

*Adapted from CDC information.*

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