

The Flu...It is that Time of Year

Once again, the flu has hit Texas and our county with a vengeance! Large numbers of sick children and adults are being reported. Knowing the facts and being prepared is the best prevention against this virus. Influenza, more commonly known as the flu, is a contagious illness caused by a virus that affects the upper respiratory system (nose, mouth, sinuses, and throat). The flu virus spreads easily from person to person and can live on surfaces for hours. The flu season occurs every year from October to May.

Symptoms

- Fever *It's important to note that not everyone with the flu will have a fever.*
- Dry cough
- Sore throat
- Muscle aches or pain
- Runny or stuffy nose
- Headache
- Lack of energy
- May cause diarrhea, nausea, and vomiting

Possible Complications

- Ear infection
- Sinus infection
- Dehydration
- Pneumonia

Spread

The flu spreads easily from person to person. It can be “caught” by:

- Breathing airborne droplets of the flu virus from others' coughs or sneezes.
- Touching virus-contaminated surfaces (tables, doorknobs, telephones) and then touching your nose, mouth, or eyes with virus-contaminated hands.

Prevention

- Get an annual flu shot before the flu season starts.
- Dial 2-1-1 for flu vaccination locations in your area.
- Stay 3 to 6 feet away from others who are sick.
- Stop kissing and hugging others until you are well.
- Remain at home when sick. Do not return to school or work until your fever is below 100 °F for at least 24 hours without using fever-reducing medicine.*
- Wash your hands frequently for at least 20 seconds with soap and warm water, or use alcohol-based hand sanitizer when water is not available.
- Keep your hands away from your eyes, nose, and mouth.
- Cover your cough with a tissue or your sleeve.
- Strengthen your immune system with healthy lifestyle habits. Eat a balanced diet with plenty of fruits and vegetables. Get plenty of rest. Sleep at least 7 to 8 hours a night. Exercise regularly—at least 30 minutes of activity most days of the week. Reduce your daily stress level.

Home Treatment

- Stay home and rest.
- Drink plenty of fluids (water, juice, electrolyte drinks).
- Take over-the-counter medications to ease symptoms.
- Antiviral medications are available by prescription from your doctor.**
- Run a cool-mist humidifier. Clean it regularly according to the instruction manual to prevent mold.

See a Doctor When

- A young child, pregnant woman, elderly person, or someone with a chronic health condition becomes ill with the flu—they have an increased chance of flu complications.
- A stiff neck develops along with fever.
- Complications, such as difficulty breathing or signs of dehydration occur.
- Symptoms worsen each day.
- You are concerned and need advice.

** Fever-reducing medicines include Acetaminophen (Tylenol, generic brand), Ibuprofen (Advil, Motrin, generic brand), and aspirin. Do not give aspirin to anyone younger than 20 years old because of the danger of Reye's syndrome, a rare but serious illness.*

****** To be effective, take antiviral medications within 48 hours of the onset of symptoms. Antiviral medications are recommended for people with a high risk of having flu complications.

For more information about the flu, visit the Texas Extension Disaster Education Network (EDEN) website at texashelp.tamu.edu., TexasFLU.org or contact the local Texas A&M AgriLife Extension Service office at 903-473-4580 or visit us at rains.agrilife.org. We are also on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences). Go and “Like” our page to keep up with the latest news, events, and programs offered by Family & Consumer Sciences in Rains County.

Sources: *Josefa B. Peña, MPH, Program Specialist, Texas A&M AgriLife Extension Service, Texas Health and Human Services, and the Centers for Disease Control.*