

# **FIGHTING THE FLU**

## **The symptoms of influenza appear suddenly and often include:**

- A Fever of 100 °F to 104 °F, which can reach 106 °F when symptoms first develop. Fever is usually continuous, but it may come and go. Fever may be lower in older adults than in children and younger adults
- Shaking and/or chills
- Body aches and muscle pain (often severe), commonly in the back, arms, or legs
- Headache
- Pain when you move your eyes
- Fatigue, a general feeling of sickness, and loss of appetite
- A dry cough, runny nose, and dry or sore throat

## **Good home treatment for influenza will relieve your symptoms. It may also help lower your risk of developing complications.**

- In most cases, non-prescription pain relievers and fever reducers, such as acetaminophen (for example, Tylenol) or ibuprofen (for example, Advil) is all that is needed.
- Decongestants and nasal sprays will help relieve a stuffy nose or relieve pressure and pain of swollen tissues in the face and behind the eardrum.
- Non-prescription cough medicines will help relieve your cough.
- Get extra rest.
- Drink plenty of fluids.
- Stay home from work to decrease the spread of the virus to your coworkers.

## **When to call a doctor:**

- Symptoms improved initially, but seem to be getting worse again
- Influenza develops in a person over age 65 who has other health problems (lung, heart, or kidney disease or diabetes) or in someone who is being treated with chemotherapy for cancer
- Influenza develops in a person of any age who has a long-term respiratory illness, such as asthma or chronic obstructive pulmonary disease
- Symptoms include fever over 101 °F, shaking and/or chills, and a cough that produces mucus from the lungs
- Fever is high or prolonged
- High fevers in young children

If you would like more information on influenza, please contact Med-Cert, Inc. at 866-633-2378 (toll free) or at [www.medcertinc.com](http://www.medcertinc.com)



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