

St Rose Health Office

**Influenza is widespread in Connecticut**

Flu is a very contagious respiratory illness caused by influenza viruses that affect the nose, throat, and sometimes the lungs. It can cause mild to severe illness. Flu usually comes on suddenly. Children who are sick with flu often feel some or all of these symptoms.

- Fever\* or feeling feverish/chills
- Cough
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)

\* It is important to note not everyone with flu will have a fever.

Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. People with the flu are most contagious in the first 3-4 days after their illness begins.

People/children experiencing flu-like symptoms should obtain medical care right away. When used for treatment, antiviral drugs can lessen symptoms and shorten the duration of illness by 1 or 2 days. They also can prevent serious flu complications, like pneumonia. For people at high risk of serious flu complications, treatment with antiviral drugs can mean the difference between milder or more serious illness possibly resulting in a hospital stay.