

Influenza

Influenza, also called the flu, is an illness caused by a virus. It is easily spread from person to person by coughing, sneezing or close contact. You may become ill with the flu 1-4 days after being around people who have it. The peak flu season in the United States is from November to April.

Signs

- Fever or chills
- Cough or sore throat
- Sore or aching muscles
- Headache
- Vomiting
- Diarrhea
- Runny or stuffy nose
- Earache
- Red, watery and sore eyes
- Feeling very tired

Your Care

Your care may include:

- Taking medicine to treat the virus, diarrhea, fever, body aches or cough
- Resting
- Drinking at least 8-10 glasses of liquids each day
- Avoiding alcohol and tobacco
- Using a humidifier to help you breathe easier

Preventing Influenza

- Wash your hands often, especially after blowing your nose.
- Cover your mouth with a tissue when you cough or sneeze. Then, wash your hands.
- Avoid touching your eyes, nose or mouth.
- Avoid getting close to other people in public places such as schools, stores and churches if you have any signs of the flu.

流行性感冒

流行性感冒也叫流感，是一種由病毒引起的疾病。它很容易通過咳嗽、打噴嚏或近距離接觸而散佈。你在和流感患者接觸 1-4 天之後可能會患上流感。美國的流感高峰季是從十一月到四月。

症狀

- 發燒或發寒
- 咳嗽或喉嚨痛
- 肌肉酸痛或疼痛
- 頭痛
- 嘔吐
- 腹瀉
- 流鼻涕或鼻塞
- 耳痛
- 眼睛發紅、流淚並發痛
- 感覺非常疲累

你的護理

你的護理可能會包括：

- 服藥以治療病毒、腹瀉、發燒、身體疼痛或咳嗽
- 休息
- 每天至少喝 8-10 杯液體
- 避免飲酒和吸菸
- 用增濕器便利你呼吸

防止流行性感冒

- 經常洗手，尤其在擤鼻子之後。
- 當你咳嗽或打噴嚏時，請用一張紙巾擋住嘴。然後，請洗手。
- 避免觸碰眼睛、鼻子或嘴。
- 如果你有任何流感症狀，請避免在公共場所與他人太靠近，如在學校、商店和教堂。

- Get a flu vaccine or shot before the flu season each year.
- The flu shot is recommended for:
 - People 50 years of age or older
 - People in nursing homes or chronic care facilities
 - Adults and children with weak immune systems. People with chronic conditions such as diabetes and diseases of the heart, kidneys and lungs
 - Children and teenagers who receive long-term aspirin therapy
 - Women who will be more than 3 months pregnant during flu season
 - Health care workers and caregivers of those who are at risk of getting the flu
 - All children 6-23 months of age
 - People caring for and those in contact with infants less than 2 years of age
- **The flu vaccine cannot cause the flu.** You may have mild side effects from the shot, such as arm soreness, slight fever and muscle aches.
- **Do not** get the flu shot if you are allergic to eggs or have had an allergic reaction to a previous flu shot.
- Contact your doctor or local health clinic for information about when and where to get a flu shot.

Call your doctor **right away** if you have:

- Chest pain or a deep cough with a lot of mucus.
- Trouble breathing. The flu can cause pneumonia.
- Severe neck pain or stiffness.
- Trouble thinking clearly.
- A fever that lasts more than 3-4 days or your temperature is over 101 degrees F or 38 degrees C.
- A temperature that keeps getting higher, even after taking medicine for it.
- Vomiting or diarrhea that lasts more than one day.
- Ear pain.

Talk to your doctor or nurse if you have any questions or concerns.

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- 在每年的流感季到來之前注射流感疫苗或打針。
- 建議以下情形打流感針：
 - 50 歲或更老的人士
 - 住在養老院或長期護理院的人士
 - 免疫系統弱的成人和孩子。慢性病患者，如糖尿病和心臟病、腎病和肺病患者
 - 長期使用阿斯匹林療法的青少年
 - 在流感季節懷孕已達 3 個多月的女性
 - 那些有患流感風險的醫療工作人員和護理人員
 - 所有 6-23 個月大的孩子
 - 照顧和接觸 2 歲以下嬰兒的人士
- **流感疫苗不會引起流感**。由於打針你可能會有輕微的副作用，如手臂酸痛、低燒和肌肉疼痛。
- 如果你對雞蛋過敏或以前對打流感針已有過敏反應，則請**不要**打流感針。
- 請和你的醫生或當地醫療診所聯絡，以得到何時和何地能打流感針的資訊。

如有以下症狀，請**立刻**打電話給你的醫生：

- 胸痛或有很多痰液的深沉咳嗽。
- 呼吸困難。流感能引起肺炎。
- 嚴重的頸部疼痛或僵硬。
- 清楚地思維有困難。
- 持續超過 3-4 天的發燒或你的體溫是華氏 101 度或攝氏 38 度以上。
- 體溫持續上昇，甚至在服藥之後仍然如此。
- 嘔吐或持續超過一天的腹瀉。
- 耳痛。

如果您有任何疑問或關注事項，請告知您的醫生或護士。

Influenza. Traditional Chinese.

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