

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，是一种由病毒引起的疾病。它很容易通过咳嗽、打喷嚏或近距离接触而散布。你在和流感患者接触 1-4 天之后可能会患上流感。美国的流感高峰季是从十一月到四月。

症状

- 发烧或发寒
- 咳嗽或喉咙痛
- 肌肉酸痛或疼痛
- 头痛
- 呕吐
- 腹泻
- 流鼻涕或鼻塞
- 耳痛
- 眼睛发红、流泪并发痛
- 感觉非常疲累

你的护理

你的护理可能会包括：

- 服药以治疗病毒、腹泻、发烧、身体疼痛或咳嗽
- 休息
- 每天至少喝 8-10 杯液体
- 避免饮酒和吸烟
- 用增湿器便利你呼吸

防止流行性感冒

- 经常洗手，尤其在擤鼻子之后。
- 当你咳嗽或打喷嚏时，请用一张纸巾挡住嘴。然后，请洗手。
- 避免触碰眼睛、鼻子或嘴。
- 如果你有任何流感症状，请避免在公共场所与他人太靠近，如在学校、商店和教堂。

Influenza. Simplified Chinese.

- 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.

10/2005. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com.

- 在每年的流感季到来之前注射流感疫苗或打针。
- 建议以下情形打流感针：
 - 50岁或更老的人士
 - 住在养老院或长期护理院的人士
 - 免疫系统弱的成人和孩子。慢性病患者，如糖尿病和心脏病、肾病和肺病患者
 - 长期使用阿斯匹林疗法的青少年
 - 在流感季节怀孕已达3个月的女性
 - 那些有患流感风险的医疗工作人员和护理人员
 - 所有6-23个月大的孩子
 - 照顾和接触2岁以下婴儿的人士
- **流感疫苗不会引起流感。**由于打针你可能会有轻微的副作用，如手臂酸痛、低烧和肌肉疼痛。
- 如果你对鸡蛋过敏或以前对打流感针已有过敏反应，则请**不要**打流感针。
- 请和你的医生或当地医疗诊所联络，以得到何时和何地能打流感针的资讯。

如有以下症状，请**立刻**打电话给你的医生：

- 胸痛或有很多痰液的深沉咳嗽。
- 呼吸困难。流感能引起肺炎。
- 严重的颈部疼痛或僵硬。
- 清楚地思维有困难。
- 持续超过3-4天的发烧或你的体温是华氏101度或摄氏38度以上。
- 体温持续上升，甚至在服药之后仍然如此。
- 呕吐或持续超过一天的腹泻。
- 耳痛。

如果您有任何疑问或关注事宜，请告知您的医生或护士。

Influenza. Simplified Chinese.

10/2005. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.com.