

Influenza

Influenza is also called the flu or seasonal flu. It is an infection that starts in the nose, throat and lungs and spreads to the whole body. Flu virus is spread through coughing and sneezing by people with the flu. The flu also spreads when a person touches a surface or an object with flu virus on it and then touches the eyes, nose or mouth.

Signs

You may have some or all of these signs:

- Temperature of 100.4 degrees Fahrenheit (F) or 38 degrees Celsius (C) or greater
- Cough or sore throat
- Runny or stuffy nose
- Headache
- Feeling very tired
- Sore or aching muscles
- Vomiting
- Diarrhea
- Chills

If you have the flu:

If you are sick with the flu, protect yourself and limit the spread of the flu:

- Take flu medicine as directed, if ordered by your doctor. Be sure to take the medicine as many days as your doctor ordered.
 - ▶ Call your doctor's office or health clinic if you have any side effects to the medicine such as nausea, vomiting or a rash.
- Take a fever reducing medicine such as acetaminophen, also called Tylenol, or ibuprofen, also called Motrin or Advil. Ask for help in reading the label for the amount to take and how often to take it.

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La influenza también se llama gripe o gripe estacional. Es una infección que comienza en la nariz, la garganta y los pulmones, y se propaga por todo el cuerpo. El virus de la gripe se contagia a través de la tos y los estornudos de la gente con gripe. También se propaga cuando una persona toca una superficie o un objeto que tiene el virus de la gripe y luego se toca los ojos, la nariz o la boca.

Síntomas

Puede que tenga alguno o todos estos síntomas:

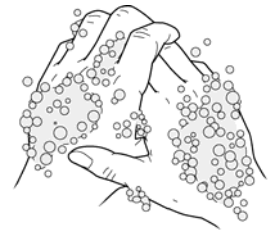
- Temperatura de 100.4 grados Fahrenheit (F) o 38 grados Celsius (C°) o más
- Tos o dolor de garganta
- Nariz congestionada o escurrimiento nasal
- Dolor de cabeza
- Sensación de mucho cansancio
- Dolores musculares
- Vómitos
- Diarrea
- Escalofríos

Si tiene gripe:

Si se enferma de gripe, protéjase y limite la propagación de la gripe:

- Tome los medicamentos para la gripe según las instrucciones, si su médico se lo indica. Asegúrese de tomar el medicamento tantos días como su médico le indique.
 - ▶ Llame al consultorio de su médico si sufre algún efecto secundario del medicamento, como náuseas, vómitos o una erupción cutánea.
- Tome un medicamento para bajar la fiebre, como acetaminofén, también llamado Tylenol, o ibuprofeno, también llamado Motrin o

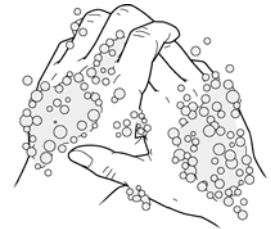
- Take over the counter medicine for cough and runny nose as needed until you feel better. Ask for help in reading the label for the amount to take and how often.
- Get plenty of rest.
- Drink at least 8 to 10 glasses of fluids each day such as water, broth or sports drinks such as Gatorade or Powerade.
- If you have vomiting or diarrhea:
 - ▶ Drink plenty of fluids. Take small sips throughout the day to ease nausea.
 - ▶ Eat foods such as toast, rice, crackers, applesauce, bananas or low sugar dry cereals.
- Use a cool-mist humidifier to ease breathing. Humidifiers must be washed with soap and warm water each day to keep them clean.
- Stay away from others as much as possible to prevent the spread of the flu.
- Wash your hands or use an alcohol based hand sanitizer often.
- Cough or sneeze into the bend of your arm, not your hands. If you have a tissue, cover your mouth and nose when you cough or sneeze. Throw the tissue away, and then wash your hands.



Call your doctor right away if you have:

- Chest pain or a deep cough with yellow or green mucus.
- Trouble breathing. The flu can cause pneumonia.
- Severe neck pain or stiffness.
- Trouble thinking clearly.
- A fever that lasts more than 3 to 4 days or your temperature is over 100.4 degrees F or 38 degrees C.

- Advil. Pida ayuda para leer la etiqueta y ver qué cantidad tomar y con qué frecuencia.
- Tome medicamentos de venta sin receta médica para la tos y el escurrimiento nasal, según los necesite, hasta que se sienta mejor. Pida ayuda para leer la etiqueta y ver qué cantidad tomar y con qué frecuencia.
- Descanse mucho.
- Beba al menos 8 a 10 vasos de líquido por día, como agua, caldo o bebidas deportivas del tipo Gatorade o Powerade.
- Si tiene vómitos o diarrea:
 - ▶ Beba abundante líquido. Tome pequeños sorbos durante el día, para aliviar las náuseas.
 - ▶ Coma alimentos como tostadas, arroz, galletas, puré de manzana, banana o cereales secos con bajo contenido de azúcar.
- Use un humidificador de rocío fresco para respirar mejor. Los humidificadores deben lavarse con agua tibia y jabón todos los días para mantenerlos limpios.
- Manténgase alejado de otras personas tanto como sea posible, para evitar propagar la gripe.
- Lávese las manos o use un desinfectante de manos a base de alcohol con frecuencia.
- Tosa o estornude en el codo, no en sus manos. Si tiene un pañuelo desechable, cúbrase la boca y la nariz al toser o estornudar. Deseche el pañuelo y luego lávese las manos.



Llame a su médico de inmediato si tiene:

- Dolor de pecho o una tos profunda con flema amarilla o verde.
- Dificultad para respirar. La gripe puede causar neumonía.
- Dolor fuerte o rigidez en el cuello.
- Dificultad para pensar con claridad.
- Fiebre que dura más de 3 a 4 días, o temperatura de más de 100.4 grados F o 38 grados C.

- A temperature that keeps getting higher, even after taking medicine for it.
- Vomiting or diarrhea that lasts more than one day.
- Ear pain.
- Coughing that will not stop and it is hard to breathe.

Seasonal Flu Vaccine

- Talk to your doctor about whether you should get the seasonal flu vaccine each year.
- **Do not** get the flu shot if you are allergic to eggs or have had an allergic reaction to a previous flu shot.
- **The flu shot cannot cause the flu.** You may have mild side effects from the shot, such as arm soreness, a slight fever and muscle aches.
- Contact your doctor or local health clinic for information about when and where to get a flu shot.

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

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- Temperatura que sigue subiendo, incluso después de tomar medicamentos para bajarla.
- Vómitos o diarrea durante más de un día.
- Dolor de oídos.
- Tos que no cesa y dificultad para respirar.

Vacuna contra la gripe estacional

- Pregunte a su médico si debe vacunarse contra la gripe estacional cada año.
- **No** se vacune contra la gripe estacional si es alérgico a los huevos o si tuvo una reacción alérgica a una vacuna anterior contra la gripe.
- **La vacuna contra la gripe no puede causar gripe.** Es posible que tenga efectos secundarios leves a causa de la vacuna como dolor en el brazo, fiebre baja y dolores musculares.
- Comuníquese con su médico o con la clínica de salud local para obtener información sobre cuándo y dónde vacunarse contra la gripe.

Hable con su médico o enfermera si tiene alguna pregunta o duda.

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