

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

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。它是開始於鼻子、喉嚨、肺部的感染病症，然後散佈到全身。流感透過流感患者咳嗽或打噴嚏而傳染給別人。流感還會在有人接觸有流感病毒的表面或物體後觸摸眼睛、鼻子或嘴巴而傳染。

症狀

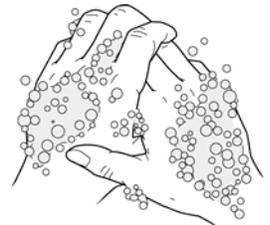
您可能有以下一些或所有的症狀：

- 體溫華氏 100.4 度(攝氏 38 度) 或更高
- 咳嗽或喉嚨痛
- 流鼻涕或鼻塞
- 頭痛
- 感覺非常疲累
- 肌肉酸痛或疼痛
- 嘔吐
- 腹瀉
- 發寒

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.
- 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.



如果你有流感：

- 如果患流感，應保護自己並避免傳染給他人：
- 根據醫囑服用流感藥物。一定要按醫生規定的天數服藥。
 - ▶ 隆 如果藥物有副作用（例如噁心、嘔吐、出疹），要致電醫生辦公室或診所。
- 服用退燒藥，例如 acetaminophen（也稱為 Tylenol）或 ibuprofen（也稱為 Motrin 或 Advil）。可以請人幫助你看懂標籤上規定服用的藥量以及服藥次數。
- 根據需要服用治療咳嗽和流鼻涕的非處方藥，直到病情好轉。可以請人幫助你看懂標籤上規定服用的藥量以及服藥次數。
- 多休息。
- 每天喝 8 至 10 杯流體，例如水、湯、運動飲料 Gatorade 或 Powerade。
- 如果嘔吐或腹瀉：
 - ▶ 多喝流體。整天小口抿入流體，以緩解噁心。
 - ▶ 吃烤麵包片、米飯、餅乾、蘋果醬、香蕉或低糖乾麥片。
- 用冷霧潮濕器幫助呼吸。每天必須用肥皂和溫水洗潮濕器，保持乾淨。
- 盡量遠離他人，以防傳染流感。
- 常洗手，或使用酒精洗手劑。
- 咳嗽或噴嚏請以手臂掩住，而不要用手。當你咳嗽或打噴嚏時，如果有紙巾，請用紙巾掩住口鼻。丟掉紙巾並洗手。



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.
- 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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如有以下症狀，請立刻打電話給你的醫生：

- 胸痛或有黃色或綠色痰液的深沉咳嗽。
- 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 天的發燒或體溫是華氏 100.4 度或攝氏 38 度
- 以上。
- 體溫持續上升，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。
- 咳嗽不止，呼吸困難。

季節性流感疫苗

- 請向你的醫生詢問是否應該每年打季節性流感疫苗。
- 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。
- **流感疫苗不會引起流感。**由於打針你可能會有些輕微的副作用，如手臂酸痛、低燒和肌肉疼痛。
- 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。

如果您有任何疑問或擔心，請告知您的醫生或護士。

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Influenza. Traditional Chinese