



Facts about Influenza (the Flu)

Influenza, often called the flu, is an acute infection of the upper airway caused by an influenza A or B virus.

Getting sick with influenza also puts you at risk of other infections. These include viral or bacterial pneumonia which affect the lungs. The risk of complications can be life-threatening. Seniors 65 years and older, very young children, people who have lung or heart diseases, certain chronic health conditions or weakened immune systems are at greater risk.

Healthy pregnant women in the second half of their pregnancy are at greater risk of hospitalization following infection with influenza virus.

In Canada, every year thousands of people are hospitalized and may die from influenza and its complications during years with widespread influenza activity.

Influenza **symptoms** can include fever, headache, muscle pain, runny nose, sore throat, extreme tiredness and cough. Children may also experience nausea, vomiting or diarrhea. Although infections from other viruses may have similar symptoms, those due to the influenza virus tend to be worse.

Symptoms can begin about 1 to 4 days, or an average of 2 days, after a person is first exposed to the influenza virus. Fever and other symptoms usually last up to 7 to 10 days, but the cough and weakness may last 1 to 2 weeks longer.

HOW CAN YOU PREVENT INFLUENZA?

You can reduce the risk of getting influenza or spreading it to others by:

- + Washing your hands regularly.
- + Cleaning and disinfecting frequently touched objects and surfaces.
- + Promptly disposing of used tissues.

- + Coughing and sneezing into your shirt sleeve + rather than your hands.
- + Staying home when you are ill.
- + Getting an influenza vaccine.

Getting an influenza vaccine can help prevent you from getting sick with influenza and from spreading it to others.

HOW DOES INFLUENZA SPREAD?

Influenza spreads easily from person to person through coughing, sneezing or face-to-face contact. The virus can also spread when a person touches tiny droplets from a cough or a sneeze on another person or object and then touches their own eyes, mouth or nose before washing their hands.

An infected person can spread the influenza virus even before feeling sick. An adult can spread the virus from about 1 day before to 5 days after symptoms start. Young children may be able to spread the virus for a longer period of time.

What is the Home Treatment?

If you get sick with influenza, home treatment can help ease symptoms. Follow the self-care advice below:

- + Get plenty of rest.
- + Drink extra fluids.
- + Avoid smoking and ask others not to smoke in the house.
- + Breathe moist air from a hot shower or from a sink filled with hot water to help clear a stuffy nose.
- + Anti-influenza drugs or antivirals are available by prescription, but these must be started within 48 hours of the start of your symptoms to work best.
- + Non-prescription cough and cold medications are available for relief of influenza symptoms but are not recommended for children under 6 years

old.

Acetaminophen (e.g. Tylenol®) or ibuprofen* (e.g. Advil®) can be given for fever or soreness. ASA (e.g. Aspirin®) should not be given to anyone under 18 years of age due to the risk of Reye Syndrome.

*Ibuprofen should not be given to children under 6 months of age without first speaking to your health care provider. For more information on Reye Syndrome, see Resources.

IS IT INFLUENZA OR A COLD?

The following table can help you determine whether you have influenza or a cold.

Symptoms	Cold	Influenza (the flu)
Fever	Rare	Usual, sudden onset 39° to 40°C (102.2 to 104°F), lasts up to 3 to 4 days
Headache	Rare	Usual, can be severe
Aches and pains	Sometimes mild	Usual, often severe
Fatigue and weakness	Sometimes mild	Usual, may last 2 to 3 weeks or more
Extreme fatigue	Unusual	Usual, early onset, can be severe
Runny, stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, coughing	Sometimes mild to moderate	Usual, can be severe
Complications	Can lead to sinus congestion or earache	Can lead to pneumonia, respiratory failure, and more complications in persons with chronic diseases
Prevention	Frequent hand washing	Yearly influenza vaccine and frequent hand washing
Treatment	No specific treatment is available; symptom relief only	Antiviral drugs by prescription, which can reduce symptoms

When to Get Help

Consult your health care provider early if you develop flu-like symptoms and you have a condition that puts you at high risk of complications.

You should also call your health care provider if your symptoms get worse, such as shortness of breath or difficulty breathing, chest pain or signs of dehydration (such as dizziness when standing or low urine output).

To Learn More Ask

- + Your Primary Care Provider.
- + HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to www.HealthLinkBC.ca.

Recommend Follow Up

- Follow up with your primary care provider in ___ days.

Additional Information

For more information, see the following HealthLinkBC Files:

<https://www.healthlinkbc.ca/healthlinkbc-files/inactivated-flu-vaccine-seniors>

<https://www.healthlinkbc.ca/healthlinkbc-files/flu-vaccine-myth-facts>

<https://www.healthlinkbc.ca/healthlinkbc-files/inactivated-influenza-vaccine>

<https://www.healthlinkbc.ca/healthlinkbc-files/hand-washing>

EmergencyCareBC.ca

The information in this document is intended solely for the person to whom it was given by the health care team. This information does not replace the advice given to you by your health care provider.





EMERGENCY CARE BC
Provincial Health Services Authority



This material has been reviewed and approved by the patient partners with the Patient Voices Network.

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Recommended Follow Up

Follow up with your Primary Care Provider in ___ days.

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Find this information sheet on the ECBC website:
https://emergencycarebc.ca/clinical_resource/influenza/

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