

The flu (influenza) is an infection of the nose, throat, and lungs. The flu is contagious and can be spread to others. Some cases can be mild while others can be severe.

**If you think you have the flu,
let your Somatus care team (or doctor) know right away.**

HIGH RISK FOR FLU

- Adults ages 65 or older
- Pregnant women / young children
- Residents of assisted living facilities
- People with weak immune systems
- People with asthma, heart disease, liver or kidney disease, and diabetes
- People who are overweight



SIGNS AND SYMPTOMS OF FLU

The flu can start out like a "cold." Some may experience runny nose, sneezing, and sore throat. Colds usually develop slowly, while the flu can come on suddenly. Many people feel worse with the flu than a cold. Common flu symptoms include:

- Fever
- Headache
- Stuffy / runny nose
- Sore throat / dry cough
- Body aches
- Shortness of breath
- Eye pain
- Vomiting / diarrhea
- Chills / sweats



HOW TO TREAT AND PREVENT FLU

Rest and drinking plenty of fluids are usually enough to treat the flu. In some cases, medications can be prescribed by your doctor to help with symptoms. Getting the flu vaccine can help prevent you from getting the flu. But, the vaccine does not protect you 100%. Here are some things to do to help decrease your chances of getting the flu:

- Wash your hands
- Avoid touching your face
- Cover your coughs and sneezes
- Clean surfaces regularly
- Avoid crowds or being around anyone who is sick