

Flu Season is Upon Us

Seasonal flu is a contagious respiratory illness caused by flu viruses. Approximately 5-20% of U.S. residents get the flu each year.

Flu season typically starts in the fall and peaks in January or February.
Getting the flu vaccine is your best protection against the flu.
Flu-related complications include pneumonia and dehydration.
Illness from seasonal flu usually lasts one to two weeks.

Flu symptoms include:

- A 100⁰ or higher fever or feeling feverish (not everyone with the flu has a fever)
- A cough and/or sore throat
- A runny or stuffy nose
- Headaches and/or body aches
- Chills
- Fatigue
- Nausea, vomiting, and/or diarrhea (most common in children)

You can treat flu symptoms by:

- Taking medication to alleviate symptoms (talk to your pharmacist or health care provider for assistance)
- Getting plenty of rest
- Drinking clear fluids like water, broth, sports drinks, or electrolyte beverages to prevent becoming dehydrated
- Placing a cool, damp washcloth on your forehead, arms, and legs to reduce discomfort associated with a fever
- Putting a humidifier in your room to make breathing easier
- Gargling salt water (1:1 ratio warm water to salt) to soothe a sore throat
- Covering up with a warm blanket to calm chills

There are steps you can take to help protect you from getting the flu.

- Consider getting a flu vaccine.
- Wash your hands often with soap and water or an alcohol-based hand rub.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids, and eat healthy food.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

Linda Rasmussen, RN, BSN

School District Nurse
for Kansasville,
Raymond Elementary,
Union Grove Elementary,
Union Grove High School, &
Yorkville Elementary
(262)210-6186