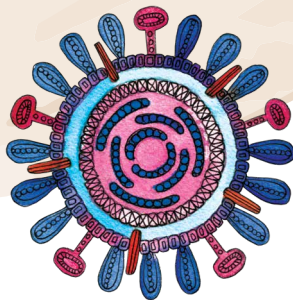


# Influenza (Flu)



## What is influenza?

The flu is an infection that affects the airways of our bodies caused by the influenza virus.

It is very easily passed between people, especially at schools, day cares, close working environments or at home.

The flu is more serious than a common cold, and can cause breathing problems and lung infections.

## How did I get the flu?

The flu is spread by little droplets that are spread when an infected person sneezes or coughs and land on a healthy person.

It's important that if you have flu symptoms, that you stay at home and avoid contact with others, if you have to go out wear a mask to slow down the spread of the flu.

The flu can occur all year round, but is most common in autumn and winter.

The virus has lots of different types, so we always encourage people to get their yearly flu vaccination.

To reduce the risk of serious illness due to the flu see your clinic for an annual flu shot.

## How do I look and feel when I have the flu?

People with the flu can get:

- Fevers and chills over their bodies
- Coughs, sore throats and runny noses
- Muscle and joint aches
- Headaches
- Feelings of being very tired
- Stomach pain, vomiting or diarrhoea.

The symptoms of the flu depend on the person. Some people feel a bit unwell for a few days and get better quickly.

Some people like our Elders or people with chronic conditions can feel very unwell and can have trouble breathing and lung infections. Usually, the flu lasts between 1-2 weeks.

## Treatment

There are a few things you can do to help keep yourself and your mob healthy during the flu season:

- Practice good hygiene – stay at home if you're sick, wash your hands, cover coughs and sneezes.
- If you have to go out, wear a mask
- Getting your yearly flu shot - you can ask your GP if you are eligible for a free vaccination.
- Get plenty of rest, stay hydrated with sips of water
- Take regular paracetamol and ibuprofen for pain and fevers as needed.

If you feel like you're getting worse check in with your GP or healthcare worker to make sure you don't have a chest infection which may need antibiotics.

