



# Seasonal flu

## Symptoms & Risks

[www.southwestgeorgiapublichealth.org](http://www.southwestgeorgiapublichealth.org)

Influenza usually starts suddenly and may include the following symptoms:

- Fever (usually high)
- Headache
- Tiredness (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting (more common among children than adults)

### Know the risks

In some people, the flu can cause serious complications, including bacterial pneumonia, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma or diabetes. Children and adults may develop sinus problems and ear infections.

Those at high risk for complications include:

- People 65 years or older
- People with chronic medical conditions (such as asthma, diabetes, or heart disease)
- Pregnant women
- Young children

### How it spreads

The flu usually spreads from person to person in respiratory droplets when people who are infected cough or sneeze. People occasionally may become infected by touching something with influenza virus on it and then touching their mouth, nose or eyes.

Healthy adults may be able to infect others **1 day before** getting symptoms and up to **5 days after** getting sick. Therefore, it is possible to give someone the flu before you know you are sick as well as while you are sick.

(source: CDC)