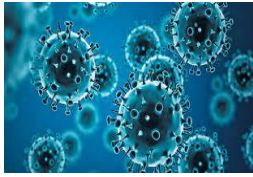


Influenza



Influenza, also known as flu, is a contagious respiratory infection caused by a virus that affects the nose, throat and in some cases, the lungs. It can manifest from mild to severe and can sometimes lead to hospitalization or death.

Virus Transmission

- Influenza is spread through droplets from coughing, sneezing, or talking. These droplets can enter the mouth or nose and travel to the lungs.
- People diagnosed with influenza can spread the disease to others from a distance of six (6) feet.
- By touching surfaces or objects that contain the virus and then touching your eyes, nose or mouth.

Symptoms

Flu symptoms usually appear suddenly. If you present any symptoms, it will be necessary to perform the test to confirm or rule out the diagnosis. These can be the following:



- Fever
- Persistent, dry cough
- Sore throat
- Headache
- Chills or sweating
- Muscle pain
- Tiredness and weakness

If you have symptoms, stay home and avoid contact with other people unless you need to get medical help.

Treatment

Antiviral medications may be a treatment option. Consult your doctor about the indicated treatment according to your symptoms.

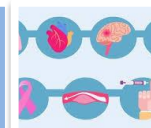
Who is most at risk?

Some people are at higher risk for serious complications from the flu, including:



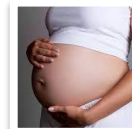
Children, especially those under 12 months.

Suffering from chronic diseases




People 65 years or older

Obesity




Pregnancy

What should you do to protect yourself from the flu?

- Get vaccinated every year.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands frequently with soap and water. 
- Avoid close contact with sick people.
- Sleep well, stay physically active, manage stress, stay hydrated, and eat healthy foods.
- Clean and disinfect frequently touched surfaces.
- Avoid being in places with crowds of many people.

Vaccine information

- The Centers for Disease Control and Prevention (CDC) recommends the use of any age-appropriate vaccine. Talk to your doctor or healthcare provider about which one is right for you. 
- It is advisable to get vaccinated every year to acquire immune protection, since viruses are constantly changing, and the composition is reviewed and updated annually.
- Anyone over (6) six months of age can receive the vaccine.
- The influenza virus spreads throughout the year, but the peak season is between the months of December and February, although it can extend until May. It is recommended to get the vaccine before the start of the flu season.
- The vaccine will not cause the disease since vaccines are made with inactivated (killed) viruses.

Benefits of Getting Vaccine

There are several reasons to get a flu vaccine every year. Vaccination is the best way to protect yourself and your loved ones from the flu. Likewise, it reduces the risk of serious complications or needing hospitalization.

Social and Emotional Aspect

For recommendations, tools and resources on how you and your family can cope with the emotional and physical concerns that arise from the flu, please visit your primary care physician or contact the following telephone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References

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- <https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-la-gripe-influenza/#:~:text=La%20gripe%2C%20conocida%20como%20influenza,ayudar%20a%20combatir%20el%20virus.> 2022
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