

Influenza (Flu)

Influenza is a contagious respiratory disease. It can manifest itself in a mild to severe way. Serious outcomes include hospitalization or death.

Transmission modes

- Influenza is spread through droplets when a person coughs, sneezes, or talks. These drops can enter the mouth or nose and pass into the lungs.
- People with a diagnosis of influenza and likewise with COVID-19, can transmit 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 and mouth.

Symptoms

Some of the symptoms of influenza and COVID-19 can be similar. In case of presenting any symptoms, it will be necessary to carry out tests to confirm or rule out the diagnosis. Symptoms include:

Fever	Cough	Throat pain
Headache	Shaking chills	Body aches
Runny or stuffy nose	Vomiting	Diarrhea

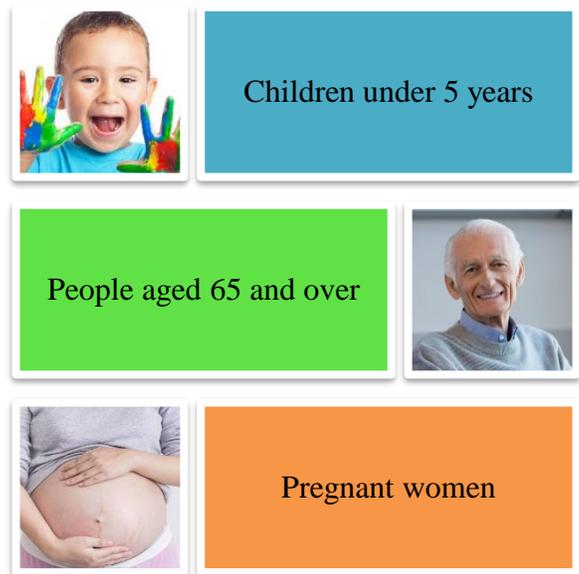
If you have symptoms, see your doctor. Stay home and avoid contact with other people, unless you need medical assistance.

Treatment

Antiviral medications can be a treatment option. Consult with 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:



What to 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.
- Wear a mask when leaving your home.
- Get a good night's sleep, stay physically active, manage stress, drink plenty of fluids, and eat healthy foods.
- Clean and disinfect frequently contacted surfaces.

Vaccine Information

- The Centers for Disease Control and Prevention (CDC) conducts studies every year to determine the effectiveness of the vaccine.
- Studies have shown that the vaccine reduces the risk of getting the disease by 40% to 60% in the general population.
- 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 six months of age can get the vaccine.
- The vaccine will not cause disease since vaccines are made from inactivated (killed) viruses.



Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns of the flu, please visit your primary physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Healthcare

787-641-9133

References:

<https://espanol.cdc.gov/flu/treatment/index.html>
<https://espanol.cdc.gov/flu/prevent/actions-prevent-flu.htm>
<https://espanol.cdc.gov/flu/prevent/misconceptions.htm>

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