



# Influenza

## *What You Need to Know*

### Reduce the spread of flu

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use. If a tissue is not available, cough or sneeze into the crook of your elbow
- Wash your hands often with soap and water or an alcohol-based hand sanitizer
- Try to avoid touching your eyes, nose, and mouth
- Avoid close contact with sick people
- Consult your doctor about an influenza immunization



### Symptoms

#### ***Flu symptoms always include:***

- Fever (greater than 100°F)

#### ***And at least 1 of the following:***

- Headache
- Tiredness
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting



*For more information visit [www.uhs.harvard.edu](http://www.uhs.harvard.edu)*



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