

FLU SEASON

The information provided in this safety topic is not intended as a substitute for professional medical advice or formal first aid training.

Flu season starts around October and lasts until May, but most flu activity occurs in the months of December, January and February every year.

The flu usually comes on suddenly, with some or all of these symptoms:

- fever or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)



Someone can be contagious 1 day before they develop flu symptoms and up to 5 to 7 days after becoming sick.

Most people with the flu do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people, except to get medical care.



TIPS TO REMEMBER DURING FLU SEASON:

- Get the flu vaccine annually.
- Encourage those around you to get the flu vaccine.
- Practice good health habits, wash hands often.
- Stay home and away from others if you are sick.
- Seek medical attention if symptoms are severe.
- Avoid close contact with others that are sick.
- Take antiviral medication if prescribed.
- Take time to recover, don't 'work through it'.

Discussion

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How do you determine if you have a cold or the flu?

The flu is contagious, how do you get it from someone else?