What is influenza?

- Influenza, also known as the “FLU” is a contagious disease caused by the influenza virus. It affects the respiratory tract (nose, throat, and lungs). Influenza usually comes on suddenly and includes combinations of these symptoms: **Fever, Headache, Dry Cough, Sore Throat, Nasal Congestion, & Body Aches.**

How is it spread?

- The main way that the flu is spread is from person to person in respiratory droplets from coughs and sneezes.
- The flu can also be spread when a person touches a surface (door knobs, handles, tables, etc.) that has the virus on it, then touches their eyes, nose or mouth. Some viruses can live up to 2 hours or longer on surfaces.

How do I protect myself & others?

- Cover your moth and nose when you sneeze or cough with a tissue, then throw the tissue away.
- Wash/clean your hands often. Soap, water and lathering up sufficiently (15-20 second) is needed to thoroughly wash your hands.
- Hand sanitizers can help when hand-washing facilities are not available but is not a substitute for hand-washing.
- Avoid touching your eyes, nose or mouth.
- Practice good healthy habits: get plenty of sleep, be physically active, drink plenty of fluids, eat nutritious food and manage your stress.

How can I get more information?

- For more information about the flu in our community and what FDU is doing, visit **www.fdu.edu/flu**.
- For the most up-to-date information on flu, visit **www.flu.gov**, or call (800) CDC-INFO (232-4636).