

# Murray State University Health Services

## (270) 809-3809

### Influenza Viruses (e.g., H1N1, H5N1, Seasonal Flu)

Influenza is a respiratory illness that is spread in humans through respiratory droplets. There are many subtypes of influenza, including H1N1 (swine flu), H5N1 (avian flu), and seasonal flu.

Signs and symptoms of influenza:

- Sudden onset of illness
- Fever higher than 100.4 degrees Fahrenheit
- Chills
- Cough
- Headache
- Sore throat
- Stuffy nose
- Muscle aches and weakness
- Diarrhea, vomiting, and abdominal pain

Most cases of influenza are relatively mild. If you develop symptoms and/or have been exposed to someone with influenza, talk with a health care provider by phone to determine whether testing or treatment is needed.

**If you experience difficulty breathing, pain in chest or abdomen, sudden dizziness, confusion or persistent vomiting, seek emergency medical care at your local hospital.**

Things you can do to help prevent the spread of influenza:

- Avoid close contact with people who are sick and **when you are sick**, keep your distance from others.
- Stay home when you have a fever of 100.4 or greater to prevent others from catching your illness.
- Do not travel if you have been exposed to someone with the flu **OR** if you have symptoms of the flu.
- Cough into your shoulder, elbow or use a tissue and immediately wash hands with soap and water.
- Wash your hands often or use hand sanitizer.
- Avoid touching your eyes, nose or mouth.
- Don't eat or drink after others.
- Practice other good health habits. Get plenty of sleep, manage your stress, drink plenty of fluids, and eat nutritious foods. Avoid use of alcohol and tobacco as these decrease your ability to fight off infection.

For further information and updates regarding influenza, please visit our website @ <http://campus.murraystate.edu/health/health.htm> or the Center for Disease Control website @ <http://www.cdc.gov/h1n1flu/>.

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