Image:
Illustration of an influenza virus

Text:
What is the flu?
•The influenza virus causes the flu. 
•The flu can make you feel tired or run down and can give you a fever, sore throat, headache, runny or stuffy nose, cough, muscle aches, diarrhea, and vomiting. 
•The flu virus spreads from person to person through respiratory droplets, which you make when coughing, spitting, sneezing, or sometimes speaking forcefully. 
•After you are exposed to the flu virus, it usually takes about 2 days to start feeling sick.
•You can spread the flu to others for about a week after you start feeling sick.  
•You can avoid spreading the flu by:
-Washing your hands often
-Avoiding close contact with people who are sick
-Coughing or sneezing into a tissue or your elbow
-Wearing a mask when you are sick and around others

What should I do to feel better?
•You can take antiviral medicines to treat the flu. These work best if taken within 48 hours (or 2 days after you begin to feel sick). 
•Ask your healthcare provider what to do. They may tell you to:
-Take acetaminophen or ibuprofen (commonly known as Tylenol® or Advil®). 
-Get plenty of rest, drink lots of water or other liquids, and not smoke. 
-To help a sore throat, gargle with warm water, use cough drops, or swallow honey (do not give honey to children under 1 year of age). 
•Antibiotics do not help the flu. Antibiotics only kill bacteria, and bacteria do not cause the flu. If you use antibiotics to treat viruses, they won’t make you feel better, and they can do more harm than good. You will still feel sick, and the antibiotic may give you a skin rash, diarrhea, or a yeast infection. 
-Antibiotics should only be taken during the flu if your healthcare provider is concerned that you may also have a bacterial infection. 

When will I feel better?
•Most people feel sick from the flu for a week or more. 
•Getting a flu vaccine (also called a flu shot) every year is the best way to prevent the flu. You can sometimes still get the flu even if you get the flu shot, but your illness will be less severe.

Text in box:
Contact your healthcare provider if:
•You do not feel better after 10 days.
•You develop a new fever, difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, and severe or persistent vomiting.

Disclaimer:
This document is intended to provide health-related information so that you may be better informed. It is not a substitute for your healthcare provider's medical advice and should not be relied upon for treatment for specific medical conditions.


Directions for Adding Your Logo to Your Document

If you chose to add a logo to this document, you can place it in the footer, below the article development content.

**Steps:**

1. Open the footer section (either double click in the footer section of the document or go to the “Insert” tab-> select the drop-down menu for “Footer”**→** and click on “Edit Footer”).
2. Make sure your cursor is below the bottom line (or wherever you want your logo).
3. Go to the “Insert” tab.
4. Click on “Pictures” from the “Insert” tab.
5. A window will pop up so you can search your computer for the logo. Select your logo (.jpg or .png format) and click the insert button.
6. Your logo will appear in your footer. If you are happy with the placement, skip step 7.
7. \*\* If you want to move the logo image around, click on the logo-> go to the   
   “Format” tab -> click on the “Wrap Text” drop-down menu -> and select “In front of text.” This formatting will allow you to move the logo freely around the screen.
8. When you are satisfied with the placement of the logo, exit the footer section (either double click outside of the footer area or go to the “Design” tab-> and click the “Close header and footer” button).

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