



Pandemic Influenza

What is the flu?

Flu, also called influenza, is a contagious disease of the lungs and airways. Usually influenza viruses are spread in droplets of cough and sneezes.

Flu symptoms

- * Fever
- * Headache
- * Sore Throat
- * Body Aches
- * Cough
- * Runny Nose
- * Stomach and Intestinal Discomfort
- * Extreme Tiredness

What is the flu pandemic?

A flu pandemic means a worldwide outbreak of the disease.

How Does Seasonal Flu Differ from Pandemic Flu?

Seasonal Flu

- Occurs every year usually in the winter
- Affects up to about 10% of the population
- For most people it is an unpleasant but not life-threatening infection
- Annual vaccination is available for those at risk of serious illness

Pandemic Flu

- Occurs rarely (three times in the 20th century)
- May affect around 25% of the population
- It could be a more serious infection for everyone
- Vaccine probably would not be available in the early stages of a pandemic

How can I protect my family and myself?

- Ask about a flu shot
- Wash hands often (for 20 seconds)
- Cover your cough and sneeze with tissue or sleeve
- Stay home if you feel sick
- Avoid touching your nose, mouth, and eyes
- **Practice Healthy Habits!** Eat healthy, get plenty of rest, and exercise regularly

More information:
tpchd.org or 253 798-6500

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