

Influenza/Influenza Like Illness (ILI)

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses with a usually sudden onset. It can cause mild to severe illness. Influenza like illness is non-confirmed illness with a clinical diagnosis of probable or suspected influenza. This virus is often transmitted quickly through contact with infected mucus or saliva or by airborne droplets of saliva or mucus.

Symptoms:

- High fever (>101.0F)
- Headache
- Muscle aches
- Cough
- Sore throat
- Chills
- Nausea and vomiting (in some cases)

Treatment:

Most people who become sick with influenza will be able to care for themselves at home and will experience complete recovery. Health care practitioners may prescribe antiviral medications. The following self-care measures may be helpful in controlling influenza symptoms:

- Take all of your prescribed medications as directed
- Tylenol (acetaminophen) or Advil (ibuprofen) at label-recommended doses.
- Over the counter cold and flu preparations.
- Rest - Sleep helps the body fight infection.
- Drink plenty of fluids - Choose water, Gatorade, juices or warm soups to stay hydrated.

Preventative Measures:

- **Get seasonal influenza vaccine every year.**
- Cover nose and mouth when coughing or sneezing.
- Throw tissues away after using them.
- Wash hands often, especially after coughing or sneezing.
- Avoid touching eyes, nose or mouth. This is the most common way viruses are spread.
- Avoid close contact with people who are sick.
- If you are sick, stay home and limit interaction with others.

If symptoms worsen, persist longer than 7 days, or there is an underlying medical condition like asthma, diabetes, pregnancy, or other serious chronic illness, schedule an appointment at Millersville University Health Services.

Sources and/or additional resources:

Web MD: <http://www.webmd.com/cold-and-flu/tc/influenza-topic-overview>

Family Doctor: <http://familydoctor.org/online/famdocen/home/common/infections/cold-flu/073.html>

Centers of Disease Control: <http://www.cdc.gov/flu/>

If you are a registered Millersville University student and you have questions or you need to make an appointment, please call Millersville University Health Services at 871-5250.