



# Flu Epidemic

## Symptoms

The symptoms of pandemic flu are likely to be similar to those of seasonal flu, which are:

- Fever
- Sore throat
- Cough
- Runny or stuffy nose
- Extreme fatigue
- Headache
- Muscle aches and pains
- Stomach problems, such as nausea, vomiting and diarrhea (more common in children)

## Coping with stress and anxiety in a pandemic

Some ways that you can cope with stress and anxiety are:

- Get accurate information from reliable sources.
- Educate yourself about the flu pandemic.
- Maintain your normal daily routine, if you can.
- Exercise, eat well and rest.
- Stay in touch with family and friends.
- Maintain a hopeful outlook. Be prepared for things to get worse, but remember that authorities around the world are working hard to make things better.
- Find comfort in your spiritual and personal beliefs.

## How the flu spreads

Flu viruses spread mainly from person to person when people with influenza cough, sneeze, or touch things that others touch. People infected with common flu virus can spread it to others one day before symptoms develop and up to seven or more days after becoming ill.

## If you get sick

If you experience flu-like symptoms – such as fever, coughing, body aches, runny nose, sore throat, nausea, vomiting or diarrhea – you should stay home. As much as possible avoid contact with other people to keep from spreading your disease. If you have severe illness or are at high risk for flu complications, the Centers for Disease Control (CDC) recommend that you seek professional medical care.

Stay home if you are feeling sick. Get plenty of rest and drink lots of fluids. Avoid close contact with people who are sick. Avoid sharing objects - such as utensils, cups, bottles and telephones. If you must share, disinfect the objects before and after using them.