



# Is it the Flu?

The symptoms of influenza are:

- Fever – low (99 F) to high (104 F), usually for three days, but may persist for four to eight days. Some times fever will go away and return a day later.
- Aching muscles
- Cough
- Headache
- Joint aches
- Eye pain
- Feeling very cold or having shaking chills
- Feeling very tired
- Sore throat
- Runny or stuffy nose

## IF YOU DEVELOP THESE SYMPTOMS...

- Stay home!
- Rest and drink plenty of fluids.
- Take fever reducers (acetaminophen or ibuprofen). Do not use aspirin in children or teenagers as it can cause Reye's syndrome, a life-threatening illness.
- Contact your healthcare provider for further advice.

For more information, visit [www.kalcounty.com](http://www.kalcounty.com)