What is INFLUENZA?

Influenza is a virus which causes cough or sore throat, accompanied by fever. This virus is spread from person-to-person through saliva and mucus droplets often formed when coughing or sneezing, and by touching contaminated surfaces.

Warning Signs requiring Medical Attention

**Children**
- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Irritability
- Flu-like symptoms improve but then return with fever and worse cough

**Adults**
- Difficult breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and worse cough