

Influenza (The Flu) Fact Sheet

What is Influenza?

Influenza, also called the “flu”, is a respiratory illness caused by influenza viruses. The flu season in Montana extends from October through May, but activity usually peaks between December and February.

What are the Symptoms of the Flu?

Flu symptoms begin very quickly and may include:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)



When to Seek Emergency Care

The flu can cause severe illness such as pneumonia and bronchiolitis. **Call your healthcare professional if you are having difficulty breathing, high fever, dehydration, chest pain, or other severe or worsening symptoms.**

What to Do If You Test Positive

Individuals with the flu should take steps to relieve their symptoms, including:

- **Manage fever and pain** with over-the-counter fever reducers and pain relievers, such as acetaminophen or ibuprofen. **Never give aspirin to children.** Talk with a provider before giving a child a non-prescription cold medicine.
- **Drink fluids.** It is important for people with the flu to drink enough fluids to prevent dehydration.

Individuals with the flu should **stay home and away from others until they have been fever-free for at least 24 hours without the use of a fever-reducing medication** and have an improvement in symptoms.

Important Information



Emergency: 911



Poison Control: 1-800-222-1222



Closest Emergency Provider:

Name:

Address:

Phone Number:

This guidance is for members of the general public.