

Influenza - 'The flu'

Influenza is a highly infectious virus that affects the upper airways and lungs and can cause serious illness.

People can spread the flu 24 hours before and one week after symptoms start

If you or your child has flu symptoms, see your doctor immediately. Early testing and treatment help prevent the flu from spreading

Symptoms may include



Fever



Headache



Sore throat



Muscle aches and pains



Dry cough



Tiredness

How it spreads

- Through droplets in the air when a person talks, coughs or sneezes
- Contact with droplets from the nose or mouth
- Touching surfaces where droplets have landed

Stop the spread

Get immunised

Getting immunised every year is the best way to reduce the risk of getting the flu. Immunisation is recommended for anyone aged six months and older.



Cover coughs and sneezes

Cover with a tissue or the inside of your elbow. Throw any tissues in the bin and wash your hands.



Wash your hands

Use soap and warm water and wash for 40-60 seconds. Wash regularly, and especially after coughing and sneezing.



Stay at home

If you are unwell, stay away from work, school, child care and other crowded places.



For more information, scan the **QR code** to visit the Queensland Health influenza webpage

