

流感

Influenza

Influenza is also called the flu or seasonal flu. It is a respiratory infection caused by a virus.

Flu virus is spread when someone with the flu coughs, sneezes or talks. The flu also spreads when a person touches a surface or an object with flu virus on it and then touches their eyes, nose or mouth.

Signs

You may have some or all of these signs:

- Temperature of 100.4 degrees Fahrenheit (F) or 38 degrees Celsius (C) or greater
- Cough or sore throat
- Runny or stuffy nose
- Headache
- Feeling very tired
- Muscle or body aches
- Chills
- Diarrhea (less common)

If you have the flu:

If you are sick with the flu, protect yourself and limit the spread of the flu:

- Take flu medicine as directed, if ordered by your doctor. Be sure to take the medicine as many days as your doctor ordered.
 - Call your doctor's office or health clinic if you have any side effects to the medicine such as nausea, vomiting or a rash.

流行性感冒也称为流感或季节性流感。它是由病毒引起的呼吸道感染。

流感病毒会在流感患者咳嗽、打喷嚏或说话时传播。如果触摸了带有流感病毒的表面或物体，然后触摸自己的眼、鼻或口部，也会感染病毒。

症状

您可能会有以下一种或多种症状：

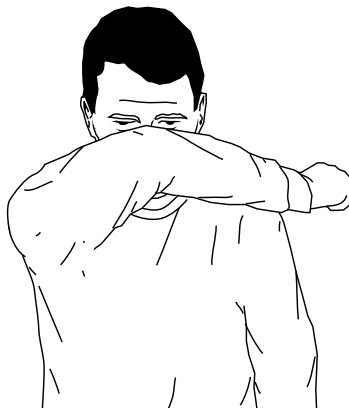
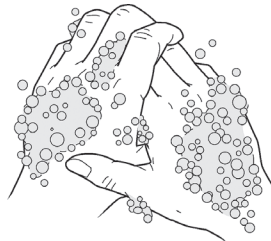
- 体温达到 100.4 华氏度 (F) 或 38 摄氏度 (C) 或以上
- 咳嗽或喉咙痛
- 流鼻涕或鼻塞
- 头痛
- 感到非常疲倦
- 肌肉或身体酸痛
- 寒战
- 腹泻（少见）

如果您患上流感:

如果您患上流感，请注意自我保护并限制流感的传播：

- 如果需要，遵循医嘱服药。请在医生要求的时间内持续服药。
 - 如果您出现任何药物副作用，例如恶心、呕吐或皮疹，请致电您的医生办公室或诊所。

- Take a fever reducing medicine such as acetaminophen (brand name Tylenol) or ibuprofen (brand names Motrin or Advil). Ask your doctor or pharmacist for help in reading the label for the amount to take and how often to take it.
- Your doctor may recommended taking over the counter medicine for cough and runny nose.
- Get plenty of rest.
- Drink at least 8 to 10 glasses of fluids each day such as water, broth or sports drinks such as Gatorade or Powerade.
- If you have vomiting or diarrhea:
 - Drink plenty of fluids. Take small sips throughout the day to ease nausea.
 - Eat foods such as toast, rice, crackers, applesauce, bananas or low sugar dry cereals.
- Use a cool-mist humidifier to ease breathing.
- Stay away from others as much as possible to prevent the spread of the flu.
- Wash your hands with soap and water, scrubbing for at least 20 seconds. Wash before eating, after using the toilet, and after coughing, sneezing or blowing your nose. If you do not have soap and water, you can use hand sanitizer that has at least 60% alcohol.
- Cough or sneeze into the bend of your arm, not your hands.
- If you have a tissue, cover your mouth and nose when you cough or sneeze. Throw the tissue away, and then wash your hands.



- 服用退烧药，例如对乙酰氨基酚（商品名泰诺）或布洛芬（商品名美林或雅维）。在阅读标签上的服用量和服用频率时，可向您的医生或药剂师寻求帮助。
- 您的医生可能建议您服用止咳药和治疗流鼻涕的非处方药。
- 要多休息。
- 每天至少饮用 8 到 10 杯液体，例如水、肉汤或运动饮料（比如佳得乐或 Powerade）。
- 如果您呕吐或腹泻：
 - 请大量饮用流质。全天随时小口饮用，可减轻恶心症状。
 - 多吃面包、米饭、饼干、苹果酱、香蕉或低糖干谷物等食物。
- 使用冷雾加湿器舒缓呼吸不适感。
- 尽量远离他人，以防止流感的传播。
- 用肥皂和水洗手，每次至少揉搓双手 20 秒。进食前、如厕后以及咳嗽、打喷嚏或擤鼻涕后，都应洗手。如果无法使用肥皂和水洗手，可使用酒精含量不低于 60% 的洗手液。
 - 咳嗽或打喷嚏时，通过弯曲手肘而非双手掩住口鼻。
 - 如果您有纸巾，在咳嗽或打喷嚏时用纸巾掩住口鼻。然后扔掉纸巾并洗手。

Call your doctor right away if you have:

- Chest pain or a deep cough with yellow or green mucus.
- Trouble breathing. The flu can cause pneumonia.
- Severe neck pain or stiffness.
- Trouble thinking clearly.
- A fever that lasts more than 3 to 4 days or your temperature is over 100.4 degrees F or 38 degrees C.
- A temperature that keeps getting higher, even after taking medicine for it.
- Vomiting or diarrhea that lasts more than one day.
- Ear pain.
- Coughing that will not stop and it is hard to breathe.

People with other health problems can have more serious complications from the flu. If you have concerns, contact your doctor.

Seasonal Flu Vaccine

- Talk to your doctor about whether you should get the seasonal flu vaccine each year.
- Your doctor can explain who cannot get a flu vaccine.
- The flu shot cannot cause the flu. You may have mild side effects from the shot, such as arm soreness, a slight fever and muscle aches.
- Contact your doctor or local health clinic for information about when and where to get a flu shot.

如果出现以下情况，请立即致电医生：

- 胸痛或深咳嗽，痰液呈黄色或绿色。
- 呼吸困难。流感会引起肺炎。
- 严重的颈部疼痛或僵硬。
- 难以清晰思考。
- 发烧持续超过 3 至 4 天，或者体温超过 100.4 华氏度（38 摄氏度）。
- 体温持续升高，服药也无法缓解。
- 呕吐或腹泻，持续超过一天。
- 耳痛。
- 咳嗽不止，感到呼吸困难。

患有其他健康问题的人可能会因流感而患上更严重的并发症。如果您有顾虑，请联系您的医生。

季节性流感疫苗

- 与您的医生讨论您是否应每年接种季节性流感疫苗。
- 您的医生会说明哪些人不能接种流感疫苗。
- 流感疫苗不会引起流感。您在注射疫苗后可能出现轻微的副作用，例如手臂酸痛、轻微发烧和肌肉酸痛。
- 如需了解注射流感疫苗的时间和地点信息，请联系您的医生或当地诊所。