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### WHAT IS INFLUENZA/ FLU?

Influenza is also called the flu or seasonal flu. It is an infection that starts in the nose, throat and lungs and spreads to the whole body. The flu virus is spread through coughing and sneezing. 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.

### IS IT A COLD OR FLU?

Call your doctor right away if your symptoms last longer than usual.

Symptoms	Cold	Flu
<b>Fever</b>	Rare	<ul style="list-style-type: none"> <li>Temperature of 100.4°F or 38°C or greater</li> <li>Lasts 3-4 days</li> </ul>
<b>Headache</b>	Rare	Common
<b>Aches and pains</b>	Slight	Common, often severe
<b>Feeling tired/ weak</b>	Sometimes	Common, can last up to 2-3 weeks
<b>Extreme tiredness</b>	Never	Common, at the start of illness
<b>Stuffy nose</b>	Common	Sometimes
<b>Sneezing</b>	Common	Sometimes
<b>Sore throat</b>	Common	Sometimes
<b>Chest discomfort, cough</b>	Mild to moderate, hacking	Common, can be severe

### IF YOU HAVE THE FLU:

- Take prescribed flu medicine as directed by your doctor.
  - Call your doctor if you have any side effects, such as nausea or vomiting.
- Take a fever reducing medicine such as acetaminophen (Tylenol), or ibuprofen.
- Take over the counter medicine for cough and runny nose to relieve symptoms.
- Get plenty of rest.
- Drink 8 to 10 glasses of fluids every day.
- 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. Humidifiers must be washed with soap and warm water each day to keep them clean.
- Stay away from others as much as possible to prevent the spread of the flu.
  - If you feel sick, stay at home. Don't go to work or school.

### HYGIENE PRACTICES TO PREVENT GETTING OR SPREADING THE FLU:

- Wash your hands, use warm water and soap, rubbing hands for at least 20 seconds.
- Use an antibacterial or alcohol-based hand gel to sanitize hands.
- Cough or sneeze into a tissue, handkerchief or 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.
  - If you cough into your hands, wash them afterwards.

Source:

- Health Information Translations

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。  
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## 甚麼是流行性感胃或流感?

流行性感胃也叫流感或季節性流感。它是一種感染，從鼻子開始、到喉嚨、肺部，然後擴散到全身。流感病毒通過流感患者咳嗽或打噴嚏傳播。人們也會因接觸了帶有流感病毒的物體後再去觸摸眼睛、鼻子或嘴巴而被傳染。

## 是傷風或是流行性感胃?

如果您的症狀比平時持續更長，請立即聯係醫生。

徵狀	傷風	流行感冒
發燒	罕見	<ul style="list-style-type: none"> <li>通常會，發燒高到華氏 100.4 度或攝氏 38 度或更高</li> <li>發燒 3-4 天之久</li> </ul>
頭痛	罕見	普通，常見
疼痛	輕微	通常會，時常會嚴重
感到疲倦 / 衰弱	有時會	通常會，會持續 2 至 3 星期之久
極端衰弱	決不會	通常會，在開始生病時
鼻塞	通常會	有時候會
打噴嚏	通常會	有時候會
喉痛	通常會	有時候會
胸部不舒服，咳嗽	輕度至中度，短促頻繁地乾咳	通常會，可能會嚴重

## 如果您有流感:

- 依照醫生指示服用流感藥物。
  - 如果藥物有副作用 (例如噁心或嘔吐)，要打電話告知醫生。
- 服用退燒藥，例如 Acetaminophen (品牌名稱: Tylenol) 或 Ibuprofen。
- 根據需要服用治療咳嗽和流鼻涕的非處方藥，直到病情好轉。
- 多休息。
- 每天喝 8 至 10 杯水 (或其他飲料)。
- 如果嘔吐或腹瀉:
  - 多喝水 (或其他飲料)。喝東西時全天採用小口啜飲的方式，以緩解噁心。
  - 吃烤麵包片、米飯、餅乾、蘋果醬、香蕉或低糖乾麥片。
- 用冷霧潮濕器幫助呼吸。每天必須用肥皂和溫水清洗潮濕器，保持乾淨。
- 盡量遠離他人，以防傳染流感。
  - 生病時留在家裡，不要上班或上學。

## 預防患上或傳播流感的衛生習慣

- 常洗手，用溫水及肥皂搓洗至少 20 秒。
- 使用抗菌或含酒精的洗手劑進行手部消毒。
- 用紙巾、手帕或上截衣袖掩蓋口部，不要用手。
  - 當您咳嗽或打噴嚏時，如果有紙巾，請用紙巾掩住口鼻。丟掉紙巾並洗手。
  - 如果咳嗽時噴到手，要馬上洗手。

資料來源:

- Health Information Translations

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