

Episode 2 -- Your Symptoms

Each year, doctors' offices and hospitals are busy with people who have flu-like symptoms.

This year could be especially busy with both pandemic flu and the seasonal flu making the rounds.

Hi, I'm Dr. Mark Horton, director of the California Department of Public Health. I'm here to help you stay healthy by providing you with information that can help you protect yourself (and your family) against pandemic flu and the seasonal flu.

Influenza is primarily a respiratory disease. The most common symptoms are fever, cough and sore throat.

Other symptoms may include headache, fatigue and muscle aches.

If you come down with those symptoms, stay home, get plenty of rest, drink lots of fluids.

Trying to go to school or to work while you have the flu just spreads germs to others.

- Stay home at least until your fever has been gone for 24 hours.
- Avoid travel or attending large gatherings, like parties.

Over the counter medicines can relieve flu symptoms, however, never give aspirin to children or teens that have flu-like symptoms, especially fever.

Make sure you see a doctor if you or anyone in your family has any of the following warning signs.

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness

- Confusion
- Severe or persistent vomiting

If you have any questions, you should talk to your personal physician.

When it comes to staying healthy, it's important to stay informed and stay prepared.

And remember, wash your hands, cover your cough or sneeze, stay home if you're ill, get vaccinated.

They're simple steps that have proven effective over time.

I'm Dr. Mark Horton, wishing you good health.