

Influenza (flu)

The influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness.

Signs and Symptoms

People who have the flu often feel some or all of these signs and symptoms:

- Fever or feeling feverish/chills (Not everyone with flu will have a fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (being very tired)
- Vomiting and diarrhea

Incubation period

The time from when a person is exposed to flu virus to when symptoms begin is about 1 to 4 days, with an average of about 2 days.

How Flu Spreads

Flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

Prevention

The most important step to prevent flu is to get a flu vaccination each year. Everyday preventive actions (like staying away from people who are

sick, covering coughs and sneezes and frequent hand washing) are recommended to help slow the spread of the virus.

(From "Influenza (Flu)," Centers for Disease Control and Prevention, <https://www.cdc.gov/flu/index.htm>)

If You Get Flu

Please avoid coming University to attend classes or to work for. Contact your department office and Health Service Center.

- **Standard Period of Suspension of Attendance**

Until 5 days have passed since the onset of the symptoms and 2days have passed since the fever had subsided. (Enforcement Regulations for the School Health and Safety Act)

- **For University Hospital staff (including students under clinical training)**

First of all, contact Department of Infection Control, University Hospital (Tel:082-257-5372), and follow the order.

Please contact us if you have a question.

Health Service Center (email: health@hiroshima-u.ac.jp)