Influenza Like Illnesses (ILI)

ILI's are contagious respiratory illnesses caused by many different viruses. They can cause mild to severe illness, and at times can lead to death. The ILI's are different from a cold. They usually come on suddenly. People who have ILI's often feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

* It's important to note that not everyone with flu will have a fever.

How are ILI's spread?

ILI's are spread from person to person by direct contact with an infected person or through the air by coughing and sneezing. They are also spread indirectly through touching a contaminated surface and then touching the eyes, nose and/or mouth area.

How is the spread of ILI's prevented?

- Get a yearly flu vaccine
- Wash your hands often with soap and warm water
- Use tissue when you cough, sneeze or spit and dispose of the tissue in a covered trash bin
- Clean shared items more often such as phone receivers, keyboards, office equipment, toys
- Avoid crowds
- Avoid people who are sick with respiratory illness
- Exclude children with respiratory illness symptoms from daycare and school
- Stay home at least 24 hours without fever and without fever reducing medications if you are ill

What is the treatment for ILI's?

Specific treatment will be determined by your health care provider but some things you can do to remedy symptoms are:

- Get plenty of bed rest
- Drink lots of liquids
- Avoid the use of alcohol and tobacco
- Take over the counter fever reducer such as Tylenol. Never give aspirin or aspirin containing medicine to children under 18 years old without consulting your health care provider.

If symptoms are severe, such as high fever, seizures, not waking up, irritability, fast breathing, chest pain or pressure, severe vomiting, seek urgent medical care. Visit [http://www.cdc.gov/flu/keyfacts.htm](http://www.cdc.gov/flu/keyfacts.htm) for more information.