### Flu (influenza)

- The **flu** is common, a contagious respiratory illness caused by flu viruses. The flu is different from a cold.
- Flu can cause mild to severe illness, and complications can lead to death.

#### How Flu Germs Are Spread

- The flu is spread mainly by droplets made when people who have flu cough, sneeze, or talk. Viruses can also spread on surfaces, but this is less common.
- People with flu can spread the virus before, during, and after they are sick.

#### Who Gets The Flu?

- Anyone can get the flu.
- Some people—like very young children, older adults, and people with some health conditions—are at high risk of serious complications.

#### Signs and Symptoms of Flu

The signs and symptoms of flu usually develop within 2 days after exposure. Symptoms come on quickly and all at once.

- **Fever or feeling feverish**
- **Headache**
- **Muscle or body aches**
- **Feeling very tired (fatigue)**
- **Cough**
- **Sore throat**
- **Runny or stuffy nose**

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### Ebola

- **Ebola** is a rare and deadly disease caused by infection with an Ebola virus.

#### How Ebola Germs are Spread

- Ebola can only be spread by direct contact with blood or body fluids from:
  - A person who is sick or who has died of Ebola.
  - Objects like needles that have been in contact with the blood or body fluids of a person sick with Ebola.
- Ebola cannot spread in the air or by water or food.

#### Who Gets Ebola?

- People most at risk of getting Ebola are:
  - Healthcare providers taking care of Ebola patients.
  - Friends and family who have had unprotected direct contact with blood or body fluids of a person sick with Ebola.

#### Signs and Symptoms of Ebola

The signs and symptoms of Ebola can appear 2 to 21 days after exposure. The average time is 8 to 10 days. Symptoms of Ebola develop over several days and become progressively more severe.

- **Fever**
- **Severe headache**
- **Muscle pain**
- **Feeling very tired (fatigue)**
- **Vomiting and diarrhea develop after 3–6 days**
- **Weakness (can be severe)**
- **Stomach pain**
- **Unexplained bleeding or bruising**

For more information about the flu and Ebola, visit [www.cdc.gov/flu](http://www.cdc.gov/flu) and [www.cdc.gov/ebola](http://www.cdc.gov/ebola).