

STOMACH "FLU" VS. THE "FLU"

NICKNAMES

- Stomach Flu, Stomach Bug, Pukey Flu,

WHAT IT REALLY IS

- Viral Gastroenteritis

CAUSES

- Norovirus, Rotavirus

INCUBATION PERIOD

- Symptoms appear 1-3 days after exposure

SYMPTOMS

- Diarrhea, vomiting, nausea, stomach cramps, muscle aches, headache, low-grade fever

HOW LONG IT LASTS

- Symptoms typically last 1-3 days but can linger for up to 2 weeks

TREATMENT

- Fluids, bland food and rest

CONTAGIOUS PERIOD

- You can be contagious 2 days BEFORE to up to 2 weeks after symptoms appear

HOW IT SPREADS

- Fecal-Oral Route:
When poopoo or vomit particles get in your mouth!

PREVENTION

- Handwashing, quarantine and properly killing the virus
THE FLU SHOT WILL NOT HELP YOU!

SURFACE LIFE

- The virus can live on surfaces (countertops, toilets, doorknobs and even the floor) for up to 3 WEEKS!

HOW TO KILL IT

- Bleach, bleach and only BLEACH!



NICKNAMES

- Flu

WHAT IT REALLY IS

- Influenza

CAUSES

- Human Influenza A, B and C Viruses

INCUBATION PERIOD

- Symptoms appear 1-4 days after exposure

SYMPTOMS

- Fever over 100° F, nasal congestion, cough, sore throat, muscle aches, chills and sweats, fatigue and weakness

HOW LONG IT LASTS

- Symptoms typically last 1-2 weeks

TREATMENT

- Fluids, rest, pain relievers, decongestants and anti-virals

CONTAGIOUS PERIOD

- You can be contagious 1 day BEFORE to up to 7 days after symptoms appear

HOW IT SPREADS

- Inhalation of tiny droplets made when people cough, sneeze or talk. Less commonly by touching a contaminated surface

PREVENTION

- Flu Vaccination (Shot), handwashing, limited contact with infected individuals

SURFACE LIFE

- The virus usually only lives on surfaces for 24 hours

HOW TO KILL IT

- Soap and water, disinfectant wipes (Clorox/Lysol), disinfectant sprays (Lysol), alcohol-based hand sanitizer, bleach, hydrogen peroxide

