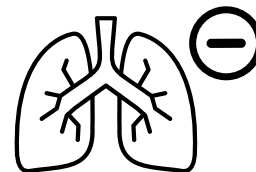


Influenza Negative



What is influenza?

Influenza is a viral infection that affects the nose, throat, and lungs. It can cause mild to severe illness, such as pneumonia. Most people will recover within a few days to 2 weeks.

What does a negative influenza test mean?

A negative test means the influenza virus was not detected at this time. Many viruses cause symptoms similar to the flu including fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and tiredness.

How are viruses treated?

Many viruses do not have treatment options; the best remedies are to get plenty of rest, drink lots of fluid, and use over-the-counter medications for symptom relief. Also, prevent spreading viruses by covering coughs and sneezes, washing hands frequently, and avoiding close contact with others.

What over-the-counter medications can be used for symptom relief?

- Fever/Aches: Acetaminophen (Tylenol) or Ibuprofen (Motrin)
- Congestion: Saline nasal spray, neti pot, pseudoephedrine*
- Cough: Dextromethorphan
- Sore Throat: Cough drops, acetaminophen

*Check with your pharmacist if you have high blood pressure, heart disease, or are pregnant before taking.

When to contact a healthcare provider?

- Symptoms worsen or last more than 7-10 days
- High fever (>103°F)
- Trouble breathing or shortness of breath
- Chest pain or pressure
- Confusion, dizziness, or severe weakness
- Have a long-term health condition (asthma, diabetes, heart disease)