

# Flu Season hits ER's hard

Emergency rooms have seen record numbers of flu patients in the past two months, and the flu season is not over yet. How do you know if you have the flu, and when should you be seen by a physician or go to the emergency room?

Symptoms of the flu include: fever, headache, tiredness, dry cough, sore throat, nasal congestion and body aches.

"If you're feeling short of breath, experiencing chest pain, or have a congested cough you should probably get looked at," says Dr. Jean Martin, Emergency

Department Director at

Centennial Medical Plaza.

"Pneumonia is something we're seeing a lot in conjunction with the flu this year."

Since flu is spread by droplets with a cough it's hard to avoid. But should you still get the flu vaccine?

"Absolutely," says Dr. Martin.

"Even if it means you're immune for the last two weeks of the flu season, it's worth it."

Dr. Martin has seen many people in the Emergency Department with the flu this year as well as other respiratory viruses and strep throat.

"Sore throat is a symptom of the flu," says Martin, "but patients may still need to be tested for strep throat."

What should you do if you have the flu? Dr. Martin recommends drinking plenty of fluids; juices, sport drinks,

half sport drink/half juice, broth. Popsicles and Jell-O are great for the kids too.

To learn more about the flu season and how to protect yourself, visit the Centennial Medical Plaza web site at

[www.CentennialMedicalPlaza.com](http://www.CentennialMedicalPlaza.com)

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