

Influenza



What it is:

- Influenza (Flu) is a contagious respiratory illness caused by influenza viruses.
- Flu can cause mild to severe illness.
- It spreads mainly by tiny droplets made when people cough, sneeze, or talk.

People are most contagious during the first three days of their illness. Flu vaccine has been shown to reduce flu-related illnesses and the risk of serious flu complications that can result in hospitalization or even death.

Symptoms:

- Fever or feeling feverish/chills
 - Not everyone with flu will have a fever.
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Tiredness
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

Who can get really sick from flu?

- Adults 65 years and older
- Children younger than 2 years old
- People with pre-existing health conditions
- Pregnant women, including two weeks after the end of pregnancy
- People living in long-term care facilities

Prevention:

1. Get a flu vaccine each year.
2. If you are sick stay home.
3. Cover your mouth when coughing or sneezing.
4. Wash your hands frequently.



cdc.gov/flu/index.html

