



DID YOU KNOW?

Every year in the United States, on average:

- 5% to 20% of the population gets the flu;
- more than 200,000 people are hospitalized from flu complications; and
- about 36,000 people die from the flu
- Older people, young children and people with certain health conditions are at high risk for serious flu complications

Key Facts About Seasonal Influenza

WHAT IS INFLUENZA (ALSO CALLED FLU)?

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine every year. **Flu symptoms include:**

- fever (usually high)
- dry cough
- muscle aches
- headache
- sore throat
- stomach symptoms
- extreme tiredness
- runny or stuffy nose

How Flu Spreads

The main way flu spreads is from person to person in respiratory droplets of coughs and sneezes. This can happen when droplets from an infected person land on the nose or mouth of people nearby. Infection can also spread when a person touches respiratory droplets on another person or object, then touches their own (or someone else's!) nose or mouth before washing their hands. Symptoms start 1 to 4 days after the virus enters the body.

Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after.

Good Health Habits for Prevention

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick from work, school, or errands.

Cover your nose and mouth when you cough or sneeze with a tissue, or with your elbow if tissues are not available.

Clean your hands often, as this will protect you from germs.

Avoid touching your eyes, nose or mouth, as germs are often introduced to these sites from our hands.

Practice good health habits, getting enough sleep, activity, drinking plenty of fluids, eating nutritious foods and reducing stress.