

Flu Season & How to Stay Healthy

Your Annual Flu Vaccine

The World Health Organization (WHO) and the Center for Disease Control and Prevention (CDC) monitor flu viruses to be sure vaccines are updated annually to protect against new mutations.



What is Flu? Influenza, or flu, is a contagious respiratory illness caused by influenza viruses. It can be serious if not treated properly. **Getting an annual flu shot is the best way to protect yourself against the flu.** Young children, older people, and individuals with certain health conditions are at greatest risk if they get the flu.

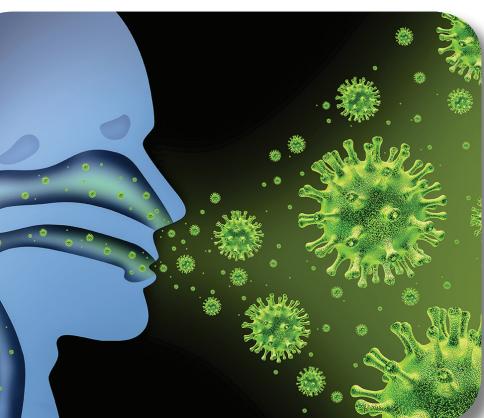
Flu Season and Symptoms. Getting the flu happens mostly during the **fall and winter**. The exact timing of flu seasons varies, but influenza activity often **begins in October**. Flu activity usually peaks between **December and February**. **Flu is different from a cold.** It can infect the nose, throat, and sometimes the lungs. Symptoms can be mild to severe. Flu can develop suddenly, so people can feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, but this is more common in children than adults.

*Not everyone with flu will have a fever.



**It's Your
Choice.**



Spreading the Flu. People with the flu can spread it to others up to **6 feet away**. Most experts think that flu viruses **spread mainly by** droplets made when people with the flu **cough, sneeze, or talk, or by touching a surface or object that has a flu virus on it** and then touching their own mouth, nose, or eyes. Symptoms can begin **about 2 days** after the virus enters the body. That means that you can pass on the flu to someone else before you know you have symptoms.

Be careful if you have been exposed to others with the flu. Washing your hands frequently might prevent you from getting sick.

General Sources: <https://www.cdc.gov/flu/season/flu-season-2019-2020.htm>

