

How can I protect myself and others from the flu?

1. Try to avoid close contact with sick people.
2. Wash your hands often with soap and water.
3. Avoid touching your eyes, nose and mouth. Germs spread this way.
4. Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
5. Stay hydrated, get enough sleep, exercise regularly and eat a nutritious diet.

Flu is a serious, contagious disease that can lead to hospitalization. Protect yourself and your family - get a flu vaccine each year.



For more information about the seriousness of influenza and the benefits of flu vaccination, talk to your Primary Care Physician or visit: [cdc.gov/flu](https://www.cdc.gov/flu)

Stop the flu before it stops you



What is influenza (flu)?

Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. Even healthy people can get very sick from the flu and spread it to others. The flu happens every year and is more common in the fall and winter.

What are symptoms of the flu?

- Fever
- Cough
- Sore throat
- Body aches and headaches
- Runny or stuffy nose
- Chills and fatigue
- Some people may also have vomiting and diarrhea

People may be infected with the flu and have respiratory symptoms without a fever.

Are vaccines safe?

Flu vaccines are safe and do not cause flu. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years, and there has been extensive research supporting the safety of flu vaccines.

People with a history of egg allergy should receive a flu vaccination in a medical setting (such as the doctor's office). People who have had a severe allergic reaction to flu vaccine in the past should not get a flu shot.

What are the side effects?

The side effects of flu shots are mild and far less unpleasant than the flu itself. The most common side effects include soreness, tenderness, redness and/or swelling where the shot was given. Some people may have a headache, muscle aches, fever, nausea or feel tired.

Why should I get vaccinated?

Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. Flu vaccination also may make your illness milder if you do get sick. Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

Who should get a flu vaccine?

People of all ages can get the flu. The Centers for Disease Control and Prevention (CDC) recommends everyone six months and older get a flu vaccine.

Vaccination is especially important for people 65 years and older. People's immune systems become weaker with age, placing older adults at higher risk of serious flu-related complications. There are vaccines designed especially for people 65 years and older that promote a stronger immune response.

How often should I get vaccinated?

Yearly vaccination is needed for the best protection. Flu viruses are constantly changing, so flu vaccines are updated each year.