

# SUDBURY HEALTH DEPARTMENT

Flu Season is Around the Corner

**Sudbury Health Department will be offering Flu Vaccine Clinics again this year for Sudbury Residents.**

**Bring a copy of your insurance card and wear a short sleeve shirt.**

Date	Time	Ages	Place	Register
October 17 <sup>th</sup>	2pm-7pm	Ages 5 years and up	Sudbury Town Hall 322 Concord Rd.	Walk ins- No appointment necessary

Influenza (“flu”) is a contagious disease that spreads around the United States every year, usually between October and May.

Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.

Anyone can get flu. Flu strikes suddenly and can last several days. Symptoms vary by age, but can include:

- fever/chills
- sore throat
- muscle aches
- fatigue
- cough
- headache
- runny or stuffy nose



Each year thousands of people in the United States die from flu, and many more are hospitalized. [2017-2018](#) was a high severity, H3N2-predominant season with record-breaking [levels of influenza-like illness and hospitalization rates](#). It is important to protect yourself and your family from illness.

Flu vaccine can:

1. Prevent you from getting flu.
2. Make flu less severe if you do get it.
3. Keep you from spreading flu to your family and friends.

A yearly flu vaccine is the best way to prevent flu illness. For more information go to: <http://www.cdc.gov/flu/protect/keyfacts.htm>.

Submitted by:  
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