



What is Influenza (also called Flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. 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](https://www.cdc.gov/flu/protect/keyfacts.htm) each year.

Signs and Symptoms of Flu

People who have the flu often feel some or all of these signs and symptoms that usually start suddenly, not gradually:

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

**It's important to note that not everyone with flu will have a fever.*

Period of Contagiousness

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Although people with the flu are most contagious in the first 3-4 days after their illness begins, some otherwise healthy adults may be able to infect others beginning 1 day **before**

symptoms develop and up to 5 to 7 days **after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others with flu viruses for an even longer time.

Preventing Seasonal Flu

The first and most important step in preventing flu is to get a flu vaccination each year. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

For more information please go to: <https://www.cdc.gov/flu/about/season/flu-season-2017-2018.htm>

Any questions or concerns please contact:

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