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What Every Adult Should Know About Influenza (Flu)

Influenza (flu) is a contagious viral infection that can spread very quickly among people. It is caused by the influenza virus, which can lead to coughing and sneezing by infected people. The virus can then be spread to others in respiratory droplets or by touching a surface that has the virus on it and then touching your mouth or nose. Influenza can affect people of all ages, but certain groups are at a higher risk of severe illness and death:

- Elderly people
- Children younger than 5 years old
- Pregnant women
- People with certain medical conditions

SYMPTOMS OF THE FLU

Symptoms of the flu can include:
- Fever
- Chills
- Fatigue
- Bodily pain or muscular pain
- Headache
- New or worsened cough or sore throat
- Runny or stuffy nose
- Nasal congestion
- Vomiting or diarrhea

HOW TO PREVENT THE FLU

There are several ways to prevent the flu:

1. Get vaccinated. Get a flu vaccine before flu season starts. Flu vaccines are usually given in October or November.
2. Practice good hygiene, like washing your hands often with soap and water, and cover your mouth and nose with a tissue when you cough or sneeze.
3. Stay home when you're sick.
4. Get plenty of rest.
5. Stay away from people who are sick.
6. Keep your distance from people who are coughing or sneezing.

To learn more, visit www.cdc.gov/flu

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National Foundation for Infectious Diseases

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