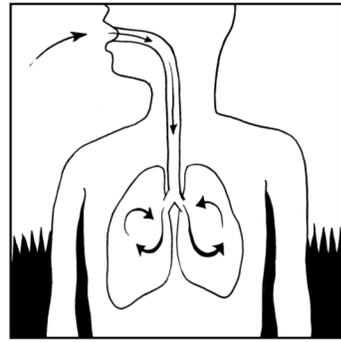


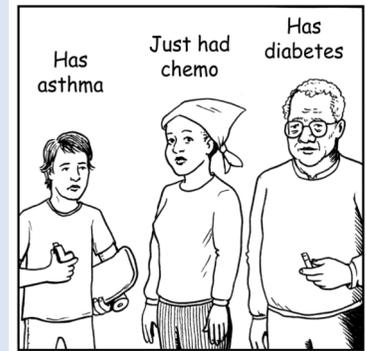
FLU



Influenza, or the flu, is a disease that mainly affects people's airways and lungs.



Flu can cause serious illness for some people, such as infants, children, and pregnant women,...



...the elderly, and those with long-term health conditions.

COMMON SYMPTOMS INCLUDE:



Fever



Cough



Sore throat



Feeling very tired



Runny or stuffy nose



Headache



Body aches



Some people may have vomiting or diarrhea. This is more common in children.

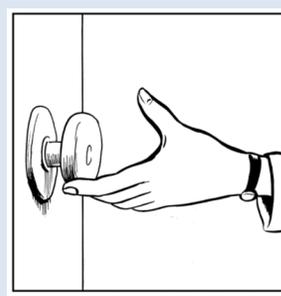
HOW FLU SPREADS



Flu germs spread when people cough, sneeze, or talk.

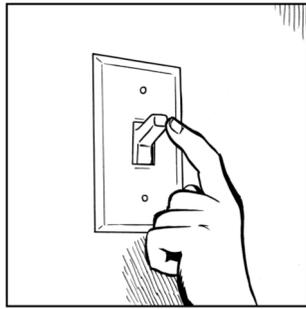


If flu germs get on hands...



...they can pass the germs to other objects.

The flu germs can live on those objects for days.



You can get flu if you touch a surface that has flu germs on it, and then touch your nose, mouth or eyes.



GET VACCINATED



The best way to prevent the flu is to get a flu vaccine every year.



Health experts recommend the vaccine for all people 6 months and older.

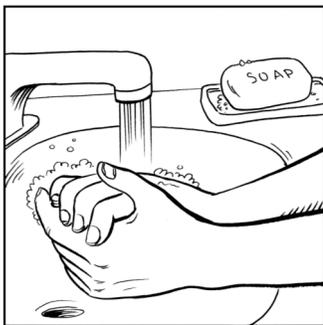


Flu vaccination offers you protection from getting the flu...



...and if you stay well, that protects people who are more vulnerable.

OTHER WAYS TO PREVENT THE FLU



Wash your hands often with soap and water.



Use hand sanitizer if you don't have soap and water.



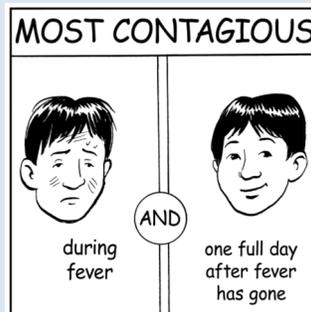
Avoid touching your eyes, nose, or mouth. Touching these areas spreads germs.



If you have the flu, you can prevent spreading it to others.



Stay home from work and school.



You are most contagious while you've got a fever AND for 24 hours after the fever has gone. Stay home during this time.



Cover your nose and mouth when you cough or sneeze.