

What is Influenza?



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Influenza (commonly known as the flu) is a contagious respiratory illness caused by the influenza virus. Flu season takes place during winter months, peaking between December and March in the Northern Hemisphere. Different flu strains appear every year, requiring a new vaccine to be developed and administered annually.

What are the symptoms of influenza?

- Fever
- Cough
- Sore throat
- Runny nose
- Body aches
- Headache
- Fatigue

Symptoms usually appear after 2 days.

Flu stats

On average, ~8% of the US population is infected with influenza every year. Influenza most seriously affects children under the age of 18, and adults over the age of 65. Annual deaths from influenza in the US range from 12,000-60,000.

What should I know about influenza and COVID-19?

Both influenza and COVID-19 are respiratory diseases caused by a virus. Individuals suffering from either influenza or COVID-19 exhibit similar symptoms. Preventative behavioral measures used to reduce the spread of COVID-19 (e.g. physical distancing) are also effective in reducing the spread of influenza. Getting a flu shot will reduce the burden of COVID-19 on the health care system.

How can I protect myself?

The most effective way to protect yourself against the flu is by getting a flu shot. To find where to get a flu shot, visit <http://www.vaccinefinder.gov/>. Wash hands often with soap and water or alcohol based hand sanitizer. Avoid touching your face with unwashed hands. Avoid close contact with people who are sick

What to know about the influenza vaccine



You cannot get influenza from the vaccine.

The vaccine is made of inactivated viruses or virus pieces. A new vaccine is produced every year.

Vaccination:

- greatly reduces illness, hospitalizations and deaths caused by influenza;
- reduces the severity of flu-related illness in people with chronic health conditions;
- is highly protective against influenza for pregnant women and their babies.

Current vaccination rates in the US are far below the coverage needed to achieve herd immunity.