Influenza (Flu)

What is Influenza (Flu)?

The flu is a contagious respiratory illness caused by influenza viruses. The flu is different from a cold, and usually comes on suddenly. While flu can make anyone sick, certain people are at greater risk for severe illness (older adults, young children, people with certain long-term health conditions, and pregnant women).

Symptoms of the Flu

- Fever
- Chills
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Fatigue

How does it spread?

People with flu can spread it to others up to about 6 feet away. It is spread mainly through droplets from coughing, sneezing, or talking. People are contagious 1 day before getting sick until 5-7 days after getting sick.

See your healthcare provider for testing, diagnosis, and treatment.

If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone.

Fight the Flu

The best way to protect against the flu is to get a yearly flu vaccine

Cover your coughs and sneezes

Avoid touching your face with unwashed hands

Stay home if you are ill

Wash hands often with soap and water