

FLU



WHAT YOU NEED TO KNOW

INFLUENZA, commonly known as the Flu, is a viral infection easily spread when people with flu cough, sneeze or talk. The virus attacks your respiratory system – nose, throat, and lungs.

Anyone can get the Flu, but some people are at higher risk of flu-related complications:

- » Children under 5 years
- » Adults 65 years or older
- » People with chronic medical conditions
- » Those with weakened immune systems
- » Pregnant women and up to 2 weeks postpartum women
- » People from certain racial and ethnic minority groups*

*Non-Hispanic Black, Hispanic/Latino, and American Indian/Alaska native persons



HOW TO CONTROL THE SPREAD:



Wash your hands often.



Avoid touching your face.



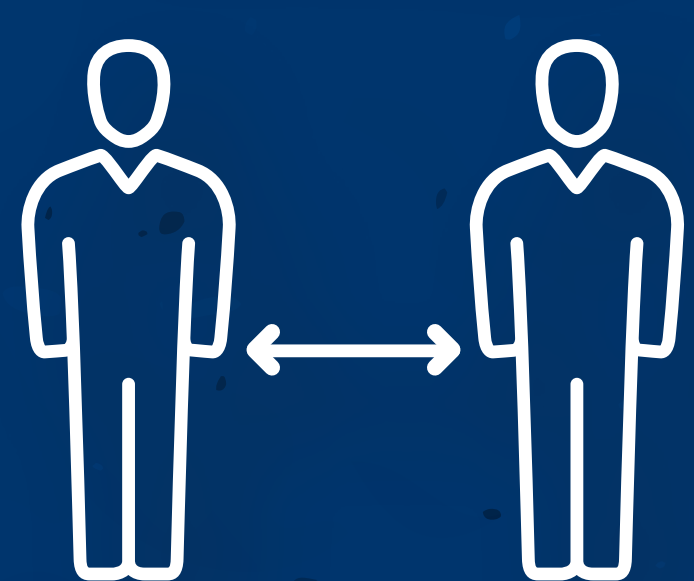
Cover your coughs and sneezes.



Clean surfaces thoroughly.



Stay away from crowds.



Avoid anyone who is sick.



Get a Flu vaccine.

The best protection against severe Flu-related complications is vaccination. Talk to your doctor about how the Flu vaccine can benefit you.



For more information:

(352) 273-2822 | FloridaVIP@ifas.ufl.edu

UF | IFAS Extension
UNIVERSITY of FLORIDA

FAMU

FLORIDA A&M UNIVERSITY
COOPERATIVE
EXTENSION
COLLEGE OF AGRICULTURE AND FOOD SCIENCES