

FAQS

What is influenza?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs.

How does the flu spread?

The flu virus spreads mainly by tiny droplets made when people sneeze or talk.

When should I get my flu vaccine?

A good time to get vaccinated is before flu begins spreading, usually in the months of September and October. The flu commonly peaks in the months of February and can last until May.

What if I do not have a primary care provider?

Vaccines are available at health departments and pharmacies.

[CDC.gov](https://www.cdc.gov)

Prevention

- Get vaccinated yearly
- Wash your hands often
- Cover your mouth and nose when you sneeze or cough
- Avoid touching your eyes, nose and mouth
- Clean and disinfect surfaces
- Get fresh air from the outdoors

Signs and Symptoms

- Sore throat
- Fever
- Cough
- Chills
- Headache
- Runny nose
- Bodyaches
- Fatigue



Treatment

- Manage the symptoms
- Drink plenty of fluids to prevent dehydration
- Get plenty of rest
- Apply heat packs to sore muscles

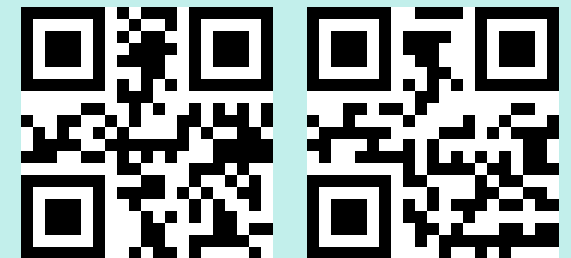
Cleveland Clinic



Are You Ready? It's Flu Season

scan for CDC

scan for IHS

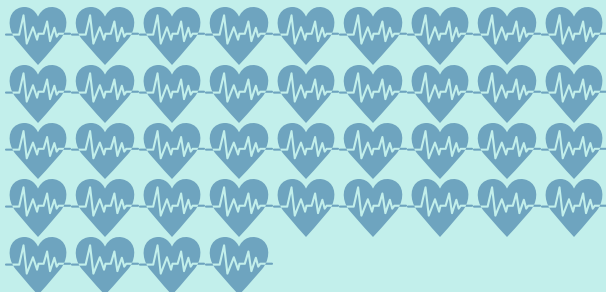


The Benefits of Flu Vaccinations 2024

The approximate number of flu illnesses prevented by receiving flu vaccinations during the 2022-2023 season:

6.0 Million

That is the equivalent to the population of Nicaragua



CDC.gov



Children ages 6 months to 17 years who received the flu vaccine were half as likely to be hospitalized than children who did not receive the flu vaccine.

Adults 18-64 years who received the flu vaccine were 41-44% less likely to be hospitalized with the flu.

Adults 65 years and older who received the vaccine were 42-47% less likely to be hospitalized with the flu.

CDC.gov

Infants younger than 6 months of age who were born to a vaccinated mother were protected from flu related emergency hospitalizations.

Vaccination of pregnant mothers reduced the risk of flu in infants under 6 months by one-third!



CDC.gov