

Flu Season: Why get Vaccinated?

What is flu?

Influenza (also known as flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness depending on the individual. Most people who get flu will recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of flu, some of which can be life-threatening and result in death.

Who is most at risk?

Anyone can get sick with flu (even healthy people), and serious problems related to flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. Such as:

- Extremely young (especially 2 years and younger)
- Pregnant women
- Elderly (especially 65 years and older)
- People of any age with certain chronic medical conditions (i.e. asthma, diabetes, heart disease etc.)

What are the symptoms?

- Sudden onset of fever 101° F or 38° C
- Chills
- Headache
- Sore throat
- Runny nose
- Cough
- Muscle aches and fatigue

How can flu be prevented?

Influenza virus is spread from one person to another mainly through coughing and sneezing by people infected with the virus. It is also transmitted through hand, mouth, and nose contact with objects that have been contaminated with flu virus. The following incubation period is 1-4 days.

About the influenza vaccine

Flu can be prevented by adopting careful hand-mouth-nose hygiene practices which reduce the risk of transmission, and **through annual immunization with flu vaccine.**

