

# Influenza



Public Health  
Prevent. Promote. Protect.  
Taney County Health Department



## What it is:

- Influenza (Flu) is a contagious respiratory illness caused by influenza viruses.
- Flu can cause mild to severe illness.
- It spreads mainly by tiny droplets made when people cough, sneeze, or talk.

**People are most contagious during the first three days of their illness. Flu vaccine has been shown to reduce flu-related illnesses and the risk of serious flu complications that can result in hospitalization or even death.**

## Symptoms:

- Fever or feeling feverish/chills
  - Not everyone with flu will have a fever.
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Tiredness
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

## Who can get really sick from flu?

- Adults 65 years and older
- Children younger than 2 years old
- People with pre-existing health conditions
- Pregnant women, including two weeks after the end of pregnancy
- People living in long-term care facilities

## Prevention:

1. Get a flu vaccine each year.
2. If you are sick stay home.
3. Cover your mouth when coughing or sneezing.
4. Wash your hands frequently.



[cdc.gov/flu/index.html](https://www.cdc.gov/flu/index.html)

