

It's Flu season!

**Protect yourself, your loved ones
and your community!**

What is influenza (flu)?

A contagious illness caused by influenza viruses that affect your nose, throat, and sometimes your lungs. It can range mild to severe, and sometimes can be deadly.

Symptoms may include:

- Fever or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Feeling very tired
- Vomiting
- Diarrhea

Ways to prevent flu:

- Get flu vaccine yearly.
- Staying home if sick, for at least 24 hours after last fever.
- Wash your hands often.

All individuals should consult with their health care providers to understand their options regarding vaccinations.

