



Influenza and influenza-like illnesses – commonly called flu – are viruses that affect the respiratory system and are easily spread from person-to-person primarily when an infected person coughs or sneezes. Symptoms include fever, cough, sore throat, runny or stuffy nose, headache, muscle aches and fatigue.



Don't wait to vaccinate.

Getting an annual flu vaccine is the single best way to protect yourself and your family. CDC recommends use of the flu shot and the recombinant influenza vaccine. The nasal spray flu vaccine (live attenuated influenza vaccine or LAIV) should not be used during 2016-2017.

Everyone 6 months of age and older should get a flu vaccine every year.



Help prevent the spread of flu.

In addition to getting vaccinated, residents should practice the three C's to help reduce the spread of illness at home, work and school:

Clean – properly wash your hands frequently

Cover – cover your cough and sneeze

Contain – contain your germs by staying home if you are sick

Stay home until the fever has been gone for 24 hours without the use of a fever-reducing medicine.

Learn more.

For more information about current influenza surveillance, or to use the Flu Vaccine Finder, visit <http://www.cookcountypublichealth.org/communicable-diseases/flu>.