



## Influenza (Flu) Fact Sheet

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 (flu shot or nasal spray) is the single best way to protect yourself and your family.

**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>.