



**Public Health**  
Prevent. Promote. Protect.

Flu season is here again and it's time to take precautions to ensure a healthy winter.

Influenza, more commonly known as the flu, is a highly contagious respiratory disease that affects about 5-20% of the population every year. The best way for adults and

children to stay protected is to get a flu shot every year, as early as

possible. Flu shots are usually available from September to March by

doctors, the local health department, and pharmacies. Covering coughs

and sneezes, washing hands frequently, and avoiding sick people are

additional important measures to take to prevent the flu.



People with the flu are usually sick for about a week or so, but can be contagious from before they feel sick to about a week after symptoms begin. People who have the flu can experience symptoms like feeling feverish, having a cough and/or sore throat, muscle or body aches and fatigue. It is also common for children to experience vomiting and diarrhea. If sick with the flu, it is important to drink a lot of fluids, get plenty of rest at home and talk to a healthcare provider if symptoms get more serious.