**WHAT IS FLU?**

Flu is an illness that you can catch easily from others. The flu is caused by a set of viruses. The viruses infect the nose, throat, and sometimes the lungs. The best way to prevent flu is to get a flu vaccine each year.

**HOW DOES IT SPREAD?**

- **The air when someone with the flu coughs or sneezes**
- **Tiny wet drops that spray out when a person who has flu coughs, sneezes or talks**
- **Touching something, like an object or surface, with the virus on it. Then touching your mouth, nose, or eyes before you wash your hands**

**SYMPTOMS**

- FEVER
- COUGH
- SORE THROAT
- RUNNY OR STUFFY NOSE
- MUSCLE PAIN
- HEADACHE
- FATIGUE

**HOW TO PROTECT YOURSELF**

Getting a flu vaccine this year is very important because of COVID-19. You can get COVID-19 and the flu at the same time. Many people who are at high risk for flu are also at high risk for COVID-19. Getting a flu vaccine is very important for people with high risk conditions. These conditions include long-lasting health conditions, obesity and heart disease. You are also at high risk if you are over the age of 65 or under the age of 5.

- Get a flu vaccine before the flu spreads in your community.
- It takes about two weeks after you get the vaccine for it to protect you from the flu.
- CDC wants you to get a flu vaccine by the end of October.

**TO GET VACCINATED**

- Flu shots are offered at your doctor’s office, drug stores and your health department.
- The VaccineFinder can help you find where to get the flu vaccine.