



Seasonal Influenza

- Respiratory illness
- Caused by a virus
- Peak Flu season is typically Jan/Feb
- Transmitted person to person, or from a contaminated surface
- 200,000 Americans hospitalized per year
- Kills approx. 36,000 Americans per year
- This year's vaccine covers most flu virus strains
- Only about 37% of Americans have received immunization this year
- The Flu Shot (vaccination) is the most important step to protect yourself

To limit the spread of germs

and prevent infection :

- Get the Flu Shot
- Wash your hands frequently
- Cover your mouth and nose when you cough or sneeze
- Stay at home from work when you are sick
- Teach your family good hand-washing and cough-covering

Go to your primary care provider if you believe you have influenza.

