



Influenza

Although not generating as much media attention as Ebola, influenza - the flu - has arrived in Maine.

What is the flu?

Influenza is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

What are the signs and symptoms of the flu?

- Chills
- Sore throat
- Fatigue
- Headaches
- Body Aches

What can be done to prevent the flu?

- The best way to prevent the flu is by getting **vaccinated** each year
- Wash your hands frequently or use an alcohol-based hand sanitizer
- Cough and sneeze into your elbow or shoulder
- Stay home when you feel sick

Resources:

- Your primary care provider is always willing to answer questions.
- Key facts about flu vaccine: <http://go.usa.gov/yksA>
- How flu vaccines are made: <http://go.usa.gov/ykHB>
- Vaccine recommendations: <http://go.usa.gov/ykHw>
- Vaccine information statements (VIS): <http://go.usa.gov/jdAC>
- www.maine flu.gov or <http://www.cdc.gov/flu/>