

Influenza

Influenza is also known as “flu.” It is a contagious respiratory illness caused by viruses. It can cause mild to severe illness. Sometimes, it can lead to death. There are two main types of flu virus: Types A and B. The influenza A and B viruses are called human influenza viruses. They are routinely spread in people. They are responsible for seasonal flu epidemics each year.

Symptoms

Symptoms usually come on fast. People who are sick often feel some or all these signs:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.



**It's important to note that not everyone with flu will have a fever.*

High Risk Groups

- Adults 65 Years and Older
- Pregnant Women
- Young Children
- Asthma
- Heart Disease & Stroke
- Diabetes
- HIV/AIDS
- Cancer
- Children with Neurologic Conditions

Preventing Flu

The best way to prevent seasonal flu is to get vaccinated. This must be done every year. This page has info to help answer questions about the vaccine. People 6 months of age and older should get a flu vaccine. This needs to be done each season. This is important for people at high risk.