

# Quick Flu Facts

Influenza (“the flu”) is a contagious disease that is caused by the influenza virus.

It is different from a cold. Influenza comes on suddenly and may include these symptoms:

- Fever
- Headache
- Tiredness (can be extreme)
- Dry cough
- Sore throat
- Nasal congestion
- Body aches

Flu season is predominantly between November and February, but can begin as early as October and last through May.

Flu shots are given annually from October through early winter. The best time to get a flu shot is October through November, however you can still get your shot after November.

It takes about two weeks for the vaccine to take effect.

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## Protect Yourself from the Flu!

- **Wash your hands frequently**
- **Avoid close contact with people who are sick**
- **Stay home when you are sick**
- **Cover your mouth and nose when sneezing or coughing**
- **Avoid touching your eyes, nose, or mouth**