

Protect Yourself this Flu Season

Flu Fighting Facts

As summer ends, another less pleasant season is about to begin... flu season. Influenza (or flu) is a contagious viral infection that can cause mild to severe illness, and at times can lead to death. An annual flu vaccine is the best way to help reduce the risk of getting flu and any of its potentially serious complications.

During the 2022-2023 flu season, vaccinations prevented 6 million flu-related illnesses, 2.9 million medical visits, 65,000 hospitalizations, and 3,700 deaths. Despite the many benefits offered by the flu vaccine, only about half of Americans get an annual flu vaccine.

The CDC recommends everyone six months and older get an annual flu vaccine. For most people, September and October are ideal times to get vaccinated.

FLU PREVENTION TIPS

Take everyday preventive actions to stop the spread of germs.



Get your flu shot.



Cover coughs and sneezes.



Wash your hands often with soap and water.



Avoid touching your face.



Clean and disinfect surfaces often.



Stay home if you are sick.



SOURCES: Centers for Disease Control & Prevention, National Eye Institute, John Hopkins Medicine