

Fight the Flu

Influenza (flu) is a common contagious respiratory illness that can cause mild to severe complications, including hospitalization. Anyone can get the flu, but the very young, older adults, pregnant women and those with underlying medical conditions are at a higher risk of serious complications. Flu is typically more active during certain seasons, especially in fall and winter.

Flu symptoms can include fever, a hacking cough, muscle and body aches, fatigue, and a headache.

The influenza virus is transmitted through the air by way of tiny droplets created when an infected person coughs, sneezes or in some cases, simply breathes. The virus spreads when these droplets enter the mouth or nose of another person. A person can also contract the virus by touching a surface with the virus on it and then touching their own mouth, nose, or eyes.

The best ways to protect against getting the flu include handwashing, sanitizing frequently handled surfaces, getting plenty of rest, eating a healthy diet, getting moderate exercise, staying home if you are sick and getting the flu vaccine.

Learn more about the flu at the following links:

[Influenza | Florida Department of Health \(floridahealth.gov\)](https://www.floridahealth.gov/diseases-and-conditions/influenza/index.html)

[Novel Influenza Viruses | Florida Department of Health \(floridahealth.gov\)](https://www.floridahealth.gov/diseases-and-conditions/novel-influenza-viruses/index.html)

[Influenza \(Flu\) | The Power to Protect](https://www.floridahealth.gov/diseases-and-conditions/influenza/flu-the-power-to-protect.html)