

Flu

What can help prevent flu?

The most common symptoms of the flu include:



Cough



Sore throat



Runny or stuffy nose



Muscle or body aches



Headaches



Fatigue



Vomiting and diarrhea

(more common in children than adults)

Who is most likely to get sick with the flu?

A recent Centers for Disease Control and Prevention (CDC) study suggested that, on average, about **8%** of the U.S. population gets sick from the flu each season.

A recent Clinical Infectious Diseases study broke down infection rates across age groups:

9.3%
for children
ages 0 to 17

8.8%
for adults
ages 18 to 64

3.9%
for adults
ages 65 or older

Flu can present severe symptoms in the following high-risk groups:



Young children



Adults of 65 years or older



Pregnant women



People with asthma, diabetes and/or heart disease

Cover your mouth and nose with a tissue when coughing or sneezing.

Avoid close contact with people who are sick.

Stay home when you are sick.

Get a flu shot, per CDC guidance recommending everyone over the age of 6 months get a flu shot annually.

Wash your hands with soap and warm water, or use an alcohol-based hand sanitizer when soap and water are not available.

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