

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

Symptoms

Flu signs and symptoms usually come on suddenly. People who are sick with flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- 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.*



Preventing Flu

The best way to prevent seasonal flu is to get vaccinated every year. This page has resources to help answer your questions about the flu vaccine. Everyone 6 months of age and older should get a flu vaccine every season, especially people at high risk.

High Risk Groups

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

