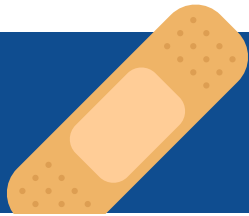


FLU

Seasonal Influenza (Flu) is a common respiratory illness caused by the influenza virus. Infection with the flu can cause severe illness for some people.



Seasonal flu vaccines are available for everyone 6 months and older. Vaccines protect you and those around you from getting severely sick with the flu.



Who is at risk for severe disease?

- Older adults
- Babies and young children under 5
- People with weakened immune systems
- People with certain disabilities
- Pregnant people
- People with certain health conditions

What are the symptoms?

- Fever
- Runny Nose
- Congestion
- Nausea
- Sore Throat or Cough
- Headache
- Body Aches
- Tiredness

How does it spread?

Seasonal flu spreads from a cough or sneeze from someone with the virus, or from touching surfaces with the virus on it and then touching your face.



Scan the QR code for more information.

Contact your healthcare provider if you have questions. Find free or low-cost medical care, even if you do not have insurance. Visit phila.gov/primary-care.

Limit the spread of seasonal flu:

- ☒ Get vaccinated
- ☒ Stay home when sick
- ☒ Wash your hands often
- ☒ Avoid close contact with sick people
- ☒ Cover your cough and sneezes
- ☒ Wear a mask if you are sick
- ☒ Clean commonly touched surfaces and take steps for cleaner air



Seasonal Flu Vaccines

Vaccines are updated each year to protect people from the strains of flu that scientists expect to be the most common that season.



Can the flu vaccine cause the flu?

No, it is not possible for the flu vaccine to give you the flu. There are two types of flu vaccines: one made with inactivated (killed) virus, and one made with attenuated (weakened) flu virus.

Both vaccine types help you build protection against the flu virus and neither vaccine can give you the flu.

Why do some people get side effects?

Vaccines train the immune system to recognize the virus and defend the body from severe illness.

Sometimes the process of building immunity to a virus from a vaccine causes side effects, but they are typically mild and only last 1-2 days.

Side effects of the flu vaccine are soreness or redness at the injection site, and sometimes headache, fever, nausea, or muscle aches.



Why get vaccinated if I can still get the flu?

Vaccination lowers your chance of getting severely sick and also protects family and friends who are more likely to get seriously sick if they do get the flu.

Questions to Ask Your Healthcare Provider

- Do I have any health conditions that could put me at increased risk of severe flu?
- If I do feel sick, what should I do for my health and how can I protect those around me?