

The Flu

Anyone can catch the flu. That's why you should get a flu shot as soon as you can.

What is the flu?

The flu (influenza) is a virus that causes fever, chills, muscle aches, coughing and congestion. It can cause other serious health problems, too.

When is flu season?

Flu season starts in October and ends in April. Get a flu shot soon to ensure you're protected throughout the winter and spring.

How does the flu spread?

The flu virus spreads through the air, such as through sneezing or coughing. It can also be spread through contact with objects that someone with the flu has touched, sneezed or coughed on.

Young adults living in shared housing (like a dorm room) or in close contact with many people (like a school) can easily catch the flu. Protect yourself and others around you by getting a flu shot now.

Flu shots are free and don't hurt. Flu shots DO NOT make you sick.

Protect Yourself and Others



1. Get a flu shot

Getting a flu shot helps keep you healthy and stops the flu from spreading to more vulnerable people, like young children and older adults.



2. Wash your hands

Wash your hands often and always use soap and warm water.



3. Don't smoke or vape

Smoking and vaping weaken your immune system, which can make you more susceptible to getting the flu.



4. Avoid sharing

Don't share cups, utensils or any other items with anyone.



5. Take your medications

If you take a prescription medication, take it as prescribed by your doctor.



6. Stay home if you're sick

Teenagers and young adults are unlikely to develop serious complications from the flu, but you still need to be safe. Staying home and resting prevents the flu from infecting others.

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ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call: 1-800-553-0784 (TTY 1-877-454-8477).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-553-0784 (TTY 1-877-454-8477).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-553-0784 (телетайп 1-877-454-8477).