



## Are you ready for flu season?

The flu is a potentially contagious respiratory illness caused by influenza viruses. It is said to be a mild to severe illness, and at times can lead to death.

The elderly, children, and people with certain conditions, are especially at high risk for serious flu complications.

## Symptoms of the Flu

People who have the flu often feel some or all of these symptoms:

- feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (very tired)
- some people may have vomiting and diarrhea, though this is more common in children than adults

A new and very different type of flu virus called H1N1 spread worldwide in 2009-2010 causing the first flu pandemic in over 40 years. CDC expects the 2009 H1N1 virus to cause illness again this flu season, along with other influenza viruses.

The 2010-2011 flu vaccine will protect against 2009 H1N1 and two other influenza viruses making it much easier for you to protect yourself.

If you get sick, there are drugs that can treat the flu virus. They are called antiviral drugs and they can make your illness milder and make you feel better faster. The best way to prevent the flu is by getting **vaccinated** each year.

If you have any questions, or would like to receive your 2010-2011 seasonal flu Vaccine please call 480-831-8457.

For more please visit <http://www.flu.gov/>