

Fighting Flu Season

Take Your Best Shot

As we welcome fall, we usher in another season as well... flu season. Influenza (flu) is a potentially **serious disease** that can lead to hospitalization and sometimes even death. Every flu season, about **20 to 40 million** people in the U.S. catch the flu.

During the 2021-2022 flu season, flu vaccination **prevented** approximately 9 million flu illnesses, 100,000 hospitalizations, and 5,000 deaths. September and October are generally good times to be vaccinated against flu. The CDC recommends everyone **six months and older** get an annual flu vaccine.

FIGHT OFF THE FLU

Implement these steps to protect yourself and others this flu season.

- Get your flu shot.
- Cover coughs and sneezes.
- Wash your hands often with soap and water.
- Avoid touching your eyes, nose, and mouth.
- Stay home if you are sick.
- Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.
- Strengthen your immune system through daily exercise and a healthy diet.



SOURCES: Cleveland Clinic, Centers for Disease Control and Prevention, National Foundation for Infectious Diseases