

What is the flu?

Flu, also called influenza, is a contagious disease of the lungs and airways. Usually influenza viruses are spread in droplets of cough and sneezes.

Flu symptoms

Fever	Headache	Sore throat
Body aches	Cough	Runny nose
Stomach and intestinal discomfort	Extreme tiredness	

What is a flu pandemic?

A flu pandemic means a worldwide outbreak of the disease.

How does seasonal flu differ from pandemic flu?

Seasonal Flu

- ☐ Occurs every year usually in the winter.
- ☐ Affects up to about 10% of the population.
- For most people it is an unpleasant but not life-threatening infection.
- Annual vaccination is available for those at risk of serious illness.

Pandemic Flu

- Occurs rarely (three times in the 20th century).
- May affect around 25% of the population.
- It could be a more serious infection for everyone.
- Vaccine probably would not be available in the early stages of a pandemic.

How can I protect my family and myself?

- ☐ Ask about a flu shot.
- ☐ Wash hands often (for 20 seconds).
- ☐ Cover your cough and sneeze with tissue or sleeve.
 - ☐ Stay home if you feel sick.
- ☐ Avoid touching your nose, mouth, and eyes.
- ☐ **Practice healthy habits!** Eat healthy foods, get plenty of rest, and exercise regularly.