

# Facts about Influenza

## What is influenza?

Seasonal influenza (most commonly known as the Flu) is a virus that can cause a variety of symptoms. Although most people recover from the Flu in 1-2 weeks, for some people it can be deadly.



## Signs and Symptoms of the Flu

- Fever
- Headaches
- Tiredness
- Cough
- Sore throat
- Body aches
- Nasal congestion



## Who should get a Flu shot?

Everyone! However it is most important for the following groups of people to get a Flu shot because they are at highest risk of complications of contracting the Flu:

- Pregnant Women
- Children younger than 5
- People 65 years of age or older
- People with certain chronic medical conditions
- People who live in a nursing home
- Anyone who is around those who are likely to have complications from contracting the Flu

## Where can I get a Flu shot?

- Massillon City Health Department
- Most local Pharmacies
- Your Doctor's office

## Why Get a Flu Shot?

To help decrease the chance of contracting the Flu Virus