

# Stop the Spread of Flu



## What you can do:

- Wash your hands.
- Cover your cough or sneeze.
- Stay at home if you are sick and contact your health care provider.
- Get a flu shot.
- Stay informed.

## **What is flu?**

Influenza, or flu, is a virus that affects the body's respiratory system. It can be easily passed from person to person. Symptoms of flu include: fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches.

## **How does flu spread?**

Flu spreads when sick people cough or sneeze. It may also spread by touching objects a sick person touched and then touching your nose or mouth.

## **What is seasonal flu?**

Seasonal flu is the term used for yearly flu viruses that occur usually during late fall and winter. Flu shots are available each year to protect against seasonal flu.

## **What is swine flu?**

A new strain of flu called novel H1N1 (swine flu) began infecting people in spring 2009 and has since spread worldwide. Swine flu is spread the same way seasonal flu viruses are spread.

## **What is a pandemic?**

A pandemic is a worldwide outbreak of a disease in humans, usually affecting large numbers of people. Swine flu is considered a current, active pandemic.

## **Do I need a vaccine?**

Depending on your age and health status, you may need both a seasonal flu shot now and a swine flu shot later, when it is made available.

For more information about flu:

- Call — 1-800-CDC-INFO
- Online — [healthalerts.ky.gov](http://healthalerts.ky.gov) or [flu.gov](http://flu.gov)