

FLU

WHAT YOU NEED TO KNOW

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and sometimes the lungs.

Transmitted mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby.

SYMPTOMS:

- Fever
- Chill
- Cough
- Sore throat
- Runny/stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting
- Diarrhea



YOU HAVE THE POWER TO PROTECT YOURSELF AND THE ONES YOU LOVE!

VACCINATION IS YOUR BEST DEFENSE!

SCAN ME



Everyone 6 months and older is recommended to get an updated flu vaccine each year.



Kentucky residents can access a copy of their vaccination records utilizing the Kentucky Immunization Public Portal.

Scan the QR code or visit: chfs.ky.gov/KDPHMyVaxRecord

For more information visit: www.cdc.gov/flu/about/index.html



Kentucky Public Health

Prevent. Promote. Protect.