

FACT SHEET

THE SEASONAL FLU VACCINE

Influenza, commonly known as "**the Seasonal Flu**," is caused by a virus that infects the nose, throat, and lungs. The flu usually spreads through the air from person to person when an infected person coughs, sneezes, or talks. The Seasonal Flu has been around for many years. For some, it can be life threatening. Each year over 36,000 people in the U.S. die from complications of the Seasonal Flu.

What are symptoms of Seasonal Flu?

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

Who should get a Seasonal Flu vaccine?

- All children aged 6 months up to their 19th birthday
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes or other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including:
 - Healthcare workers
 - Household contacts of persons at high risk for complications from the flu
 - Household contacts and out-of-home caregivers of children younger than 5 years and adults older than 50 years of age
- Anyone who wants to reduce their chance of getting seasonal influenza.

Can I get the flu from the Seasonal Flu vaccine?

No. You cannot get influenza from the Seasonal Flu vaccine.

For more information, visit the DHHS website at www.dhhs.nh.gov or visit the Centers for Disease Control and Prevention (CDC) website at www.flu.gov.

For more information regarding flu vaccinations in the Lakes and Three Rivers regions, visit