

Help your family Fight Flu!

Influenza – the flu – is a virus that sends thousands of children to the hospital every year. During the COVID-19 pandemic, it's even more important to immunize to **#FightFlu!**



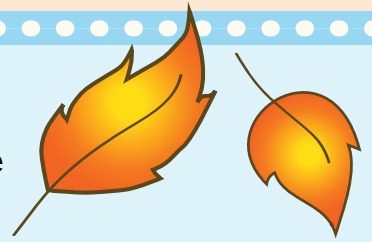
180

Who gets flu?

Anyone can get the flu. Young children, the elderly and children with chronic health conditions are most vulnerable. **Over 180 children** died from the flu during the 2019-2020 flu season.

How long is flu season?

Flu season is long! The virus starts infecting people in the fall, and continues into spring.



How to know it's the flu

Flu symptoms can include:

- A sudden fever (usually above 101°F)
- Chills and body shakes
- Headache, body aches, and



- Sore throat
- Dry, hacking cough
- Stuffy, runny nose

The best way to fight flu!

Everyone 6 months old and up should get the flu vaccine each year to stay healthy and **#FightFlu!** The best time to get vaccinated is early fall, as soon as the new flu vaccine is available.



Here are other ways to #FightFlu:

- Teach your family to wash hands frequently
- Sanitize toys
- Teach your children to cough in their elbow (like a vampire!)
- Have your children stay home from school and child care if they are showing flu symptoms



The flu virus is unpredictable. Keep your family and community healthy by getting vaccinated today!

