

## How Does Flu Spread?

Most experts think that flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. A person also might get the flu by touching a surface or object that has flu virus on it and then touching his or her own eyes, mouth or nose.



I recommend Flu Vaccine  
for all my patients.

## Don't Forget Pneumococcal Vaccine

Check with your doctor to see if you should receive a pneumococcal vaccine.

## Where Can I Get The Flu Vaccine ?

Check with your:

- Doctor or health-care provider.
- Local public health unit.
- Local pharmacist.

For more information about flu vaccine, visit

[www.ndflu.com](http://www.ndflu.com)

# flu vaccine

No Excuses. Get Protected.

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**NORTH DAKOTA**  
DEPARTMENT of HEALTH

800.472.2180

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# INFLUENZA

## Not Just a “Nuisance” Disease

Influenza, also called the “flu,” is an infection of the nose, throat and lungs. It is one of the most severe illnesses of the winter season. It is not like a cold or a “24-hour bug.”

The flu:

- Affects all ages.
- Can last for weeks.
- Is very easy to pass along to others.

Symptoms include:

- Fever.
- Headache.
- Cough.
- Sore throat.
- Body aches.



**Each year, about 400 North Dakotans die from flu or pneumonia complications.**

## It’s Never Too Late To Get a Flu Vaccine!

The flu vaccine can be given at any time during the flu season. Flu vaccine later in the flu season still can protect you against the flu. The flu season in North Dakota usually peaks in January or later.

## Who Should Get a Flu Vaccine?

Everyone 6 months and older should get a flu vaccine.

## What Kind of Flu Vaccine Is Available?

People 6 months and older can receive the flu shot. A nasal spray vaccine is available for most people who are ages 2 to 49.

**Remember . . . You Can’t Get the Flu From the Flu Vaccine!**

## What Else Can You Do To Prevent Flu?

There are many other things you can do to prevent flu and the spread of other germs.

- Cover nose and mouth when you cough or sneeze.
- Wash your hands with soap and water whenever possible.
- Avoid touching your nose or mouth.



## What Should I Do If I Do Get Sick?

If you are sick with flu-like illness, it is recommended that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)