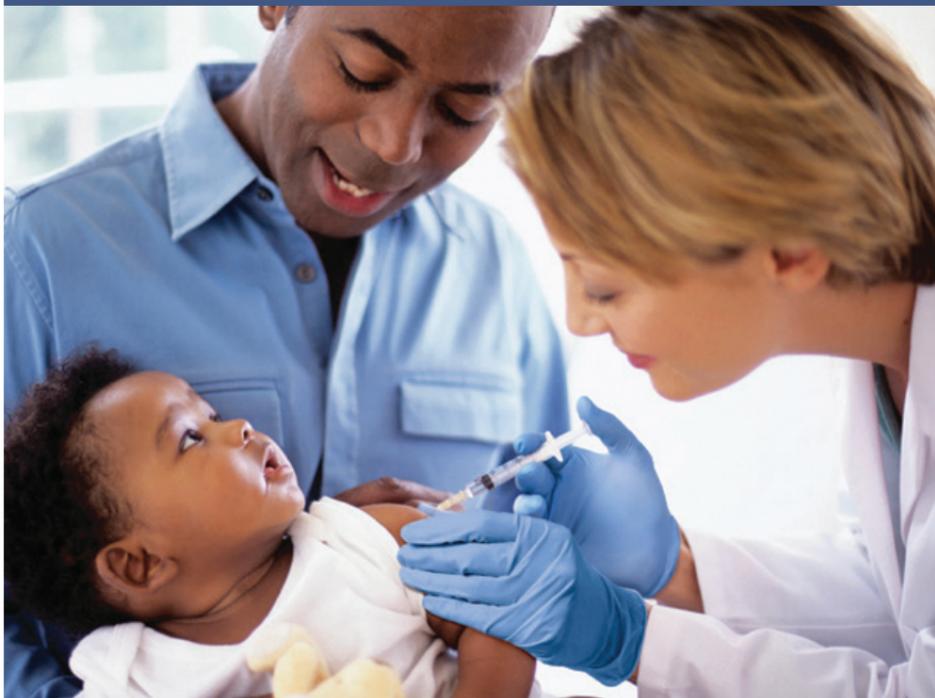


Influenza / Flu



Health Bulletin

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Call 311 to order free copies.

NYCTM
Health

Learn More

- Influenza (flu) is a dangerous respiratory infection that spreads easily to others.
- Influenza can make even healthy people seriously ill. It can lead to health problems like pneumonia.
- Influenza can make existing health conditions, like heart disease, asthma and diabetes, even worse.
- Every year thousands of New Yorkers die after getting influenza. More than 80 U.S. children died from influenza during the 2015-16 flu season.*

SYMPTOMS INCLUDE:



Fever



Cough



Sore throat



Headaches



Body aches



Weakness

*Source: Centers for Disease Control and Prevention (as of July 2016)

Prevent and Protect

- The best way to protect yourself and others is by getting the flu vaccine.
- **Everyone aged 6 months and older should get the flu vaccine every year.** The vaccine is updated every year to protect you against new viruses.
- Get your flu vaccine as soon as possible. But even if you get your vaccine later, it is better than not getting vaccinated.

DON'T SPREAD GERMS:



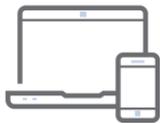
Cover your mouth and nose with the inside of your elbow when you cough or sneeze.
Don't use your hands.



Wash your hands with soap.

Get a Free or Low-Cost Flu Vaccine

- Ask your health care provider about the flu vaccine. Most insurance plans, including Medicaid, pay for the vaccine.
- Visit your nearest pharmacy—many offer vaccines to adults.
- Check if your workplace offers the vaccine.
- Visit the Health Department's immunization clinic or a City-run clinic or hospital. These locations give free or low-cost flu vaccines to all patients and visitors.



Search for vaccination locations by neighborhood or zip code by calling 311, visiting nyc.gov/flu or texting **flu** to **877877**.

IF YOU DO GET SICK WITH INFLUENZA:

Don't risk spreading the flu to others. Stay home until your fever has been gone for **at least 24 hours** without help from over-the-counter medicine.

Ask your health care provider about **antivirals**, medicines that can treat influenza. They can help you recover faster and prevent more serious illness.

People at highest risk for flu complications

- Pregnant women
- Children younger than 5 years (especially those under 2)
- Adults 65 years and older
- People with certain health conditions, including:
 - Diabetes
 - Lung or heart disease
 - Asthma
 - Sickle cell anemia
 - Kidney or liver disease
 - Metabolic disorders
 - Weakened immune system (such as from HIV or cancer treatment)
- Disorders that may cause breathing problems, such as seizure, nerve and muscle disorders
- People who are very overweight
- Children and teens (aged 6 months to 18 years) who receive long-term aspirin therapy
- People living in nursing homes or other care facilities
- American Indians and Alaskan Natives

It is very important to get the vaccine if you are a health care worker or care for someone in one of the risk groups above.

Resources

Connect



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Find Places to Get Vaccinated

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