

# Influenza / Flu



## Health Bulletin

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Call 311 to order free copies.



# 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 100 U.S. children died from influenza during the 2016-17 influenza season.\*

## SYMPTOMS INCLUDE:



Fever



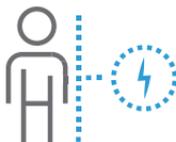
Cough



Sore throat



Headaches



Body aches



Weakness

\*Source: Centers for Disease Control and Prevention (as of July 2017)

# Prevent and Protect

- The flu vaccine is a safe and effective way to protect yourself and others.
- The vaccine is updated every year to protect you against new viruses.
- **Everyone aged 6 months and older should get the flu vaccine every year.** Children under 6 months are too young for the vaccine; their caregivers should make sure to get vaccinated.
- 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:



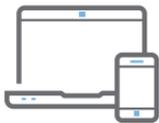
Cover your mouth and nose with the inside of your elbow when you cough or sneeze. Don't use your hands.



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](https://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 and avoid close contact with others 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

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- 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 seizures, and 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

Visit [nyc.gov/flu](https://nyc.gov/flu)

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## Learn More

Visit [cdc.gov/flu](https://cdc.gov/flu)

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Email [healthbulletins@health.nyc.gov](mailto:healthbulletins@health.nyc.gov)

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These services are free at all New York City Health Department offices and clinics.