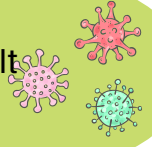
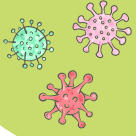


SEASONAL INFLUENZA

What is seasonal flu?

The flu is a contagious respiratory illness caused by influenza viruses. It infects the nose, throat, and sometimes the lungs.



When is flu season?

While flu viruses spread year-round, in the United States, flu season usually occurs in the fall and winter (usually December through February).



How does seasonal flu spread?



- Flu viruses spread mainly from person to person through droplets made when someone with flu coughs, sneezes, or talks near a person.
- Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own face.

Who is at risk for complications from seasonal flu?

Anyone, including healthy people, can get the flu and have serious health problems related to the flu. But some people are at higher risk of getting very sick from the flu, including:

- People 65 years and older
- People with extreme obesity (a body mass index (BMI) of 40 KG/m² or greater.
- Pregnant people
- Children younger than five years.
- People of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease)



How can seasonal flu be prevented?

- Everyone 6 months and older should get a flu vaccine every year.
- Stay away from people who are sick.
- Cover coughs and sneezes.
- Wash hands often.
- Take steps for cleaner air, such as purifying indoor air, letting in fresh air or moving gatherings outdoors.



To schedule an appointment for a flu vaccine [visit myturn.ca.gov](https://myturn.ca.gov)