



INFLUENZA

Each year up to 49,000 people die from flu and related complications and over 200,000 require hospitalization in the U.S.

- California Department of Public Health (CDPH)

These common-sense steps can help stop the spread of flu germs:

- Wash hands often - using soap and water.
- Cover coughs and sneezes with tissues. Cough or sneeze into your sleeve. Put used tissues in the trash and then wash your hands.
- Stay home if you are sick and as much as possible, stay away from others.
- Don't send sick children to school.

Flu vaccine is the best protection

- Take time to get a flu vaccine. The first and most important step in protecting against the flu is to get a flu vaccine each season.
- A flu vaccine reduces your risk of illness, hospitalization, or even death and can prevent you from spreading the virus to others.
- Flu can affect people differently based on people's immune systems. Even healthy children and adults can get very sick from the flu. Anyone with the flu can spread it to family and friends. Protect your family and friends from the flu by getting yourself vaccinated.



For further information on Influenza please visit the Santa Clara County Department of Public Health's website, <http://www.sccgov.org/sites/sccphd>

