About Flu

Typically, flu season runs from late fall to early spring. Flu viruses can cause:

• fever (usually high)
• headache
• extreme tiredness
• dry cough

The flu can cause the symptoms listed above. People with H1N1 flu have also reported diarrhea and vomiting.

These viruses are spread mainly from person-to-person, when infected people cough and sneeze. You may also get flu by touching something with flu viruses on it and then touching your mouth or nose.

To help prevent flu:

• Cover your nose and mouth with a tissue when you cough or sneeze.
• Wash your hands with soap and water or alcohol-based hand cleaner.
• Avoid touching your eyes, nose, or mouth.
• Try to avoid close contact with sick people.
• If you get sick, stay home from work or school and limit contact with others.