Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It's the flu we catch from our family, friends and co-workers, usually during the fall and winter. Seasonal flu is a respiratory infection caused by influenza viruses, spread when infected people sneeze or cough. It can cause mild to severe illness, and at times can lead to death.

Most people can prevent or reduce flu symptoms by getting an annual flu shot, washing their hands before eating or drinking, and staying away from others who are sick. Each year in the United States on average, 5% to 20% of the population gets the flu; on average, more than 200,000 people are hospitalized from flu-related complications, and; about 36,000 people die from flu-related causes. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

Key Facts About Seasonal Flu

A summary of key seasonal flu facts and who should get vaccinated …

Symptoms & Severity

Flu symptoms and how some people are at greater risk from severe complications…

People at High Risk from Flu

Some people are more likely to get flu complications that result in being hospitalized and occasionally in death …

How Flu Spreads

How the virus spreads and how long people may be contagious…

Questions & Answers

- 2013-14 Flu Season
- Seasonal Influenza
- Cold vs. Flu
- Seasonal Flu & Other Respiratory Viruses
- U.S. Seasonal Flu-Related Hospitalizations
- U.S. Seasonal Flu-Related Deaths
- Misconceptions About Influenza and Seasonal Influenza Vaccine

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