

# FAQs About the Seasonal Flu



**Q1**

## What is influenza (flu)?

Flu is a contagious respiratory disease affecting the nose, throat and lungs.

**October-May**  
Highest infection rates

**Q2**

## What are symptoms of flu?

People with the flu often have these symptoms: fever, chills, cough, sore throat, runny or congested nose, body aches, headaches, fatigue, and, sometimes, vomiting and diarrhea.

**Q3**

## What helps stop the flu?

- Follow a healthy diet
- Get regular physical activity
- Get adequate sleep
- Drink water and stay hydrated
- Wash hands often with soap and water
- Get a flu vaccine

**Q4**

## When is it contagious?

People with flu are most contagious in the first three to four days after symptoms appear. Most adults can infect others one day before symptoms develop and up to five to seven days after becoming ill.

**Q5**

## Who should get the vaccine?

Anyone six months of age or older should get an annual flu vaccine, with rare exception.

**The flu vaccine cannot cause the flu, as it contains inactivated virus**



SCAN TO READ *FREQUENTLY ASKED QUESTIONS ABOUT SEASONAL FLU*

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