

FAQs About the Seasonal Flu



October-May
Highest infection rates

Q1

What is influenza (flu)?

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

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*

Amber Jones, Graduate Research Assistant; et al.



U|EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE