



The **flu (influenza)** is an illness caused by a **virus**. This is NOT the same as what we often call the “stomach flu” and every cold and cough in winter is not caused by the influenza virus.

The illness caused by the influenza virus is prolonged with:

- ✓ Sudden high-grade fever
- ✓ Headaches, body aches
- ✓ Unusual tiredness
- ✓ May also include the more common symptoms associated with a common cold, like stuffy nose, sore throat, cough.



The virus **easily spreads** from person to person. Young children, older adults and those with chronic illnesses are especially vulnerable but the illness can be **life threatening** at any age.

This virus is so smart that it changes itself every year and hence it is **very important to get the flu vaccine every single year**. The flu vaccine is carefully tailored to what the influenza virus is expected to be each year. The side effects of the vaccine are none to minimal.



FACTS OF OUR COMMUNITY:

Did you know that during the flu season last year (2018-2019), **San Diego county** had...

- ✓ **9373 cases** of influenza
- ✓ **68 deaths** due to influenza

In the 2017-2018 severe flu season, San Diego County had **342 deaths** due to this illness. **That is more than the number of deaths by car accidents per year in our county!**



Just like **seat belts** can keep us from dying if we are in a car accident, the **flu vaccine** can also prevent death if we get the flu.

Getting a vaccine every year is the only way we can be smarter than the influenza virus.

Choose Health and **GET YOUR VACCINE TODAY!**