Influenza is a highly contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

**Signs and Symptoms of Flu**

People who have the flu typically experience any or all of these signs and symptoms that usually start suddenly within hours, not days:

- Fever, usually greater than 100 or feeling feverish/chills
- Cough (usually not producing much mucous)
- Sore throat
- Runny or stuffy nose
- Muscle or body aches, headaches
- Fatigue (*very* tired)
- Vomiting and diarrhea (more common in young children than in adults)

**How Flu Spreads**

The flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or eyes.

**Preventing Seasonal Flu: The Best Way to Prevent the Flu is to get a Flu Shot every year!!**

The first and most important step in preventing flu is to get a flu vaccination each year. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu. The Student Health Services Clinic provides flu vaccines for students. Call 706-721-3448 to schedule appointment or simply walk in Mondays – Fridays 8:00AM to 4:00PM (Health Sciences Clinic). Cost is only $18.00. The vaccine is free for students with the Student Health Insurance plan from United Healthcare Student Resource

More information is available on the CDC website: [https://www.cdc.gov/flu/index.htm](https://www.cdc.gov/flu/index.htm)

- Latest Flu Activity and Surveillance: [https://www.cdc.gov/flu/weekly/index.htm#ILIMap](https://www.cdc.gov/flu/weekly/index.htm#ILIMap)