

# Influenza (Flu) Fact Sheet 2020



## What is the flu?

A virus that infects the respiratory system causes influenza, commonly called the flu. Flu viruses spread mainly by coughing, sneezing or close contact with an infected person.

Typical symptoms include a fever of 100° to 103° in adults and often higher in children, dry cough, runny or stuffy nose, headache, muscle aches, and extreme fatigue.

## When is the flu season?

The flu season typically runs from October through May. Once you have been vaccinated, it takes up to 2 weeks for protection to develop. Therefore, it is important for people, especially those most vulnerable, receive a vaccination soon.

## What type of vaccines are available?

Children ages 6 months through 8 years who have never received an influenza vaccine should receive 2 doses one month apart.

Persons 65 years and older can choose between Standard Quadrivalent seasonal flu vaccine (regular flu vaccine) and a Quadrivalent High-Dose flu vaccine. If you are not sure which type to receive, please ask your doctor what is best for you.

**The High-Dose vaccine** helps ramp up the immune system, as it contains 4 times the antigens as the standard vaccine. The High-Dose vaccine may have more of the mild side effects that occur with the standard-strength seasonal vaccine such as pain, redness, or swelling at the injection-site, headache, muscle ache and fever

The 2020-2021 formulation for Standard Quadrivalent influenza vaccine include: A/Guangdong-Maonan/SWL1536/2019 CNIC-1909 (H1N1), A/Hong Kong/2671/2019 IVR-208 (H3N2), B/Phuket/3073/2013 (Yamagata Lineage), and B/Washington/02/2019 (B Victoria Lineage)

## What can I do to prevent the spread of flu?

- **Stay home when sick.** People with flu-like illness should stay home for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines.
- **Hand hygiene and respiratory etiquette.**

**Clean** – wash your hands frequently to prevent the spread of germs.

**Cover** – your cough or sneeze with your elbow or sleeve.

**Contain** – stay home if you are sick.

**For dates, times and locations call 217-535-3100 and press 5**