

Influenza



The flu (influenza) is a contagious disease that can be severe. Almost every year, the flu causes disease in millions of individuals, hundreds of thousands get hospitalized, and thousands die because of the flu.

Taking steps to prevent the flu:

- **Get a flu vaccine each year.** Everyone 6 months of age and older is eligible for a flu vaccine. Please contact your doctor, pharmacy, or the health department at 908-219-7473 if you still need to get a flu shot this season.
- **Avoid close contact with sick people.** Avoid touching your eyes, nose, and mouth, wash your hands frequently, and disinfect surfaces that may be contaminated with the flu virus.

If you do catch the flu:

- Take antiviral drugs if prescribed by your doctor: Antiviral drugs can alleviate the symptoms and shorten the duration of the disease. They can prevent severe complications from the flu, such as pneumonia.

To find **vaccinations**.

For more information, visit the resources below:

Supporting Documents

CDC Fight the Flu Flyer 3.04 MB

CDC Treating the Flu High Risk Individuals 364.5 KB

CDC Fight the Flu 249.49 KB

Related Links

- [CDC: Protect Your Family — Get Your Flu Shot](#)